



Journal Prompts

End of Year Reflections

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- In 2024, I accomplished _____.
- I feel good about _____.
- I took care of myself by _____.
- I'm grateful for _____.
- A book/movie/TV show I enjoyed was _____.
- A happy memory was _____.
- I was challenged by _____.
- I learned _____.
- I felt passionately about _____.



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- 2024 was hard for me because _____.
- I'm grieving the loss of _____.
- I struggled with _____.
- I feel sad about _____.
- I feel angry about _____.
- I feel anxious about _____.
- As a result of these struggles, I learned _____.
- I can cope with stress and uncertainty by _____.



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- Some things I learned about myself are _____.
- Some things I learned about others are _____.
- I didn't know I could _____.
- I learned that I like _____.
- I learned that I don't like _____.
- For the first time, I _____.
- I will use what I learned this year to _____.



Journal Prompts

Looking Ahead to 2025

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- This year I want to focus on _____.
- In 2025 I'm looking forward to _____.
- A habit or activity that I started last year and want to continue is _____.
- A habit I want to change is _____.
- I want to strengthen my relationship with _____.
- I will connect with others by _____.
- I will work on accepting others as they are by _____.
- I will help others or give back to my community by _____.
- I will grow or strengthen my faith/spirituality by _____.



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Looking Ahead to 2025

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- I will take care of myself by _____.
- I will show myself compassion by _____.
- I will save money for _____.
- I will splurge on _____.
- This year I want to add more _____ to my life.
- Every day I plan to _____.
- My career goals for the coming year are _____.
- To be physically healthier, I will _____.
- To be mentally healthier, I will _____.
- I will ask for support, help, or accountability from _____.