

January Journal Prompts

- Day 1:** The biggest lesson I learned from last year was...
- Day 2:** My top 10 goals for this year are...
- Day 3:** 5 bad habits I'd like to get rid of this year are...
- Day 4:** Something I'd like to try this year that I've never tried before is...
- Day 5:** 3 qualities I'd like to strengthen about myself are...
- Day 6:** This year I can manage my finances better by starting to...
- Day 7:** Write an encouraging letter to the parts of yourself that might be hurt or disappointed this past week.
- Day 8:** Today my favorite Bible verse is...because...
- Day 9:** This year I can take better care of my physical health by...
- Day 10:** If I could save up to travel anywhere this year I would go to...because...
- Day 11:** 5 ways I can start taking better care of myself are...
- Day 12:** My prayer for today is...
- Day 13:** Make a list of the hardships God has brought you through and reflect on His faithfulness.
- Day 14:** Write about the highlights of your week and what you'd like to do better next week.
- Day 15:** Write and process through an event that has been troubling to you lately and define your thoughts about it.
- Day 16:** Something I've been assuming control over and need to release to God is...
- Day 17:** I am blessed because of these 7 things...
- Day 18:** Write a letter of advice to yourself last year...
- Day 19:** Write about the biggest thing you learned from the latest book or article you read.
- Day 20:** I hope to contribute to making the world a better place by...
- Day 21:** Write about the last moment that made you feel truly happy...
- Day 22:** Write about the last moment you truly felt God's presence...
- Day 23:** Reflect on a recent inspiring quote and what it means in your life...
- Day 24:** If I could summarize this season of my life in one word it would be...
- Day 25:** Write a letter to God about your day today and where you need help.
- Day 26:** Write about a time you showed strength when you could have given up.
- Day 27:** List 20 words that describe God and who He is in your life.
- Day 28:** Write about the next big step you need to take and your thoughts about it.
- Day 29:** Write about how you can be a better friend to those close to you.
- Day 30:** 5 things that bring me joy that money can't buy are...
- Day 31:** When you envision the woman/man you are in a year, what are you like...