



25 JOURNAL PROMPTS

for the end of the year

by THE BLISSFUL MIND

25 journal prompts for the end of the year

SELF-CARE

- How did I take care of myself this year? Could I have done a better job? If so, how?
- How will I commit to taking even better care of myself next year?
- What self-care practices make me feel better? How can I do them more?

MINDSET

- What was my mindset like this year? What did I focus my thoughts on?
- What did I overthink or worry about? Was it worth it?
- How can I improve my mindset in the next year? How will I commit to keeping a positive mindset?

SELF-LOVE

- How was my relationship with myself this year? How did I treat myself physically and mentally?
- What does it mean to love myself? How will I practice self-love next year?

WORK

- How satisfied was I with my work this year? What changes will help me feel fulfilled with my work?
- What is my focus for my job/career/work in the new year?

RELATIONSHIPS

- Who did I spend time with this year? What did we do together?
- Did I let go of anyone this year? How did that feel?
- Do I want to focus on nourishing my current relationships or creating new ones? How will I do that?

FINANCES

- How much money do I currently have? How does that number feel?
- What am I making money for? What's my motivation to create more income or save more?
- How can I become more financially savvy next year?

25 journal prompts for the end of the year (cont.)

HEALTH

- Did I take care of myself physically this year through exercise, sleep, and nutrition? How or why not?
- What can I do to make my well-being a priority next year?
- How do I feel about my body? How can I improve my relationship with my body?

PERSONAL GROWTH

- In what ways did I grow as a person this year? What/who influenced me? What did I learn?
- What skills/practices do I want to learn or master in the new year?

FUN/RECREATION

- How did I have fun this year? What are my favorite memories?
- What are my hobbies? How can I make time for those next year?

GOALS

- What did I accomplish this year? What am I proud of myself for?
- What are my top three goals for next year? How will I stay on track with my goals?