

JOURNAL PROMPTS

52 WORDS

TO SHAPE YOUR

NEW YEAR

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J O U R N A L
P R O M P T S

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Love

Love isn't just about romance. It involves all kinds of relationships. How can you show love to family, friends, colleagues, strangers, neighbours?

Remember, when it comes to love that means loving yourself too. What are some things you can do every day to show yourself love?

Grace

How do you find grace in your life? And what happens when you don't have grace in your life?

There comes a time when someone, whether it's someone close to you or a stranger, hurts you somehow. How can you show grace to those who have hurt you?

Faith

What role has faith played in your life and how has it changed or evolved over the years?

What helps keep your faith strong & how would you inspire others struggling with their faith?

Hope

Life has a way of throwing curveballs - you know that whole life on life's terms saying - how do you maintain hope in those different situations?

Who or what inspires you to keep hoping for the best?

Peace

Think about the last time you felt complete peace in your life. Where were you? What were you doing?

Do you believe that everyone can achieve inner peace? If not, why do you think some people find it difficult to achieve it?

Joy

When you think about joy, what does it mean to you?

What are some of the best ways to cultivate joy in your life?

Power

Define what power means to you. Now think about some challenges you've faced - how did you tap into your personal power to overcome them?

What do you do when you don't feel powerful? How can you tap back into that power you used, in the above situation(s)?

Rise

How do you know if you're on the rise?
What are some telltale signs?

Do you think there are any dangers of being on the rise? If so, what are they and how can you avoid them?

Give

You don't have to make a lot of money to be able to give. Giving can also include your time, and your talents. So, what do you think is the best way to give - time, money? Or does it matter?

How do you find the right opportunities to give financially? How about giving of your time?

Grow

A Growth Mindset serves the concept that you are always growing and changing. (I am discovering myself & creating my life newly every day!) How has your personal experience with this played into your work? Life? Relationships?

What challenges have you faced while trying to grow?

Spark

When you think of the word spark, what does it mean to you? And how do you know when you've found your spark?

How do you approach life when your spark is gone?

Bold

Think about a time you felt bold. What made you feel bold and why?

Bold people aren't afraid to try new things. What's something you want to try but haven't? Now plan for when you're going to try it.

Mighty

We all possess power and strength (characteristics of being mighty) - what's your mighty story (example: Sara had to use her inner power & strength to fight cancer).

Think about a time in your life when you felt mighty. How did it make you feel? Can you tap into those feelings the next time you need to muster up some of that mightiness?

Shine

If you think of something that is shining in life what does that mean to you? What does it look like?

Are there any specific techniques or strategies that you can use to shine in life? And how do you know when you're shining?

Glow

Think about a specific time or situation where you saw or felt someone's inner glow. What was it about them that made you feel this way?

Do you feel like you have an inner glow?

Why or why not?

Bliss

What is bliss to you and what is the most blissful moment you've ever experienced?

Why was that a blissful moment?

How can you find and maintain bliss?

Believe

Believe means to accept something as true or to feel sure of the truth of. What is something you were taught to believe that no longer serves you?

Why do you think it's important to believe in something?

Delight

What are some simple ways to bring more delight into your everyday life?

How can you spread delight to others?

Happy

What do you believe is the key to happiness? And do you believe that happiness is something that can be learned?

What are your tips for being happy?

Genius

Do you think a genius is born that way or made and do you think anybody can be a genius?

How can you unlock your inner genius?

Admire

What qualities do you most admire in others? Yourself? Why?

What do you think is the best way to show admiration for others?

Calm

What does calm look like to you?

When do you find yourself struggling to stay calm? What are some techniques you can use in these moments?

Choice

Can you share a time when you made a choice that had a positive impact on your life?

What about a time when a choice had a negative impact?

When faced with a difficult choice, how do you know which path to take?

Easy

Looking at something in your life right now that feels difficult, what would make it easy?

Is there something you find easy that others find hard?

Fun

What are some of your favourite activities to do for fun? What's your favourite memory of having fun?

How do you make sure that you have enough fun in your life?

Energy

How do you manage your energy throughout the day?

Are there any foods or drinks that help boost your energy levels?

When around others, does their energy affect you? If so, how do you deal with people who have "high" or "low" energy?

Free

Free means different things to different people. When you think of free - being free, freedom of speech, etc. what does it look like to you?

Do you think there's anything that holds you back from being truly free?

Genuine

What does it mean to be genuine?

How do you know when you're being genuine?

Fresh

How do you stay fresh and inspired?

The New Year is often thought of as a fresh start, a blank slate. What are you most looking forward to, as your fresh start, in the New year?

Flow

Do you feel like you're in the flow of life right now?

What if anything do you need to let go of to get there?

Being in a 'flow state' carries a sense of feeling totally engaged in a project, almost like time is standing still for you.

When is the last time you had that sensation in your work?

Idea

Ideas are plentiful. How do you know when an idea is worth pursuing?

What made that such a great idea (worth pursuing)?

What are some of your favourite ideas (yours or others) that have changed the lives of others?

Invent

If you could invent anything, what would it be and why?

What do you think is the most important invention of our time?

Imagine

Imagine that your life is a blank canvas.
How would you paint it?

What does it feel like to imagine your life differently?

Imagine your best possible self. What does she look like? Act like?

Know

What does it mean to know oneself & how do you go about knowing yourself?

What is the most important thing for people to know about you? Why?

Laugh

Laughter is a mood booster. The next time you find yourself unhappy, laughter may be just the pick me up you need. So, what makes you laugh?

Keep that in mind the next time you need a quick mood booster!

What's the funniest thing that's ever happened to you that made you laugh at yourself?

Lucky

Do you believe some people are luckier than others? Why?

Do you think that luck is something that can be controlled, or is it just a matter of chance?

Nurture

Nurture is the process of caring for and encouraging the growth or development of someone or something. How can you better nurture yourself? Others?

Can you recall a personal story about how nurture has positively affected your life?

Open

Do you think of yourself as open (open to suggestions, feedback, criticism, etc.)? If yes, how does this positively affect your life? If no, how does it negatively affect your life?

Think about some hard topics (racism, politics, etc.) - are you open to listening to others even if they have different views as you do? Have you ever had a change of heart, about something, because of listening to someone else's views?

Pleasure

Are there any pleasures that you've been denied (by others or yourself), and how has that affected you?

What would be your advice for someone (or yourself) who is seeking more pleasure in their life?

Progress

What motivates you to keep making progress?

And why do you think it's important to always be moving forward?

What do you do when it feels like you're not making any progress?

Ready

Are you ready for anything that comes your way? And what does that mean to you?

What will it take for you to be ready?

Real

One definition of real is behaving or presented in a way that feels true, honest, or familiar and without pretension or affectation.

Are you showing up in life as the real you?

Why do you think it's important to stay connected to what's real for you?

Receive

When you receive something positive (gifts, compliments, etc.) what is your initial reaction?

Why do you think you react that way?

When you receive something negative (feedback, comments, etc.) how do you react in this type of situation? Why?

Restore

What do you think are the benefits of restoring your mind, body, and spirit?

What are some of your favourite methods for restoring yourself after a long day?

Simple

What is the most overwhelming item on your to do list right now?

What one decision could you make to simplify the task?

Gifts do not have to be expensive or complex to express a thoughtful sentiment.

What simple gift would someone dear to you appreciate today?

Soulful

What does it mean to have a soulful life?

How do you know when you're living a soulful life?

Thrive

If you could go back to a younger version of yourself, what piece of advice for thriving in life would you give yourself?

Think of someone (or yourself) who has encountered difficult circumstances but still thrived. What were the key reasons they (or you) were able to thrive despite the circumstances?

Thrill

What do you think makes a thrill seeker feel alive during moments of adrenaline rushes?

What's the most thrilling experience you've ever had? What made it a thrill?

Trust

When you think about someone you truly trust, what has contributed most to that?

Knowing your own thoughts, likes and dislikes - and giving yourself permission to choose is everything. Do you trust yourself to choose?

Victory

Do you think that setbacks are a necessary part of the journey to victory?

What's the best way to celebrate a personal victory?

Wealthy

Think about the story you tell yourself about wealth/being wealthy. Do you think there's anything wrong with being wealthy? Why / why not?

Do you think it's easier or harder to be wealthy? Why?

Willing

Think about your life for a minute. What would it take for you to be truly happy and fulfilled with your life?

Are you willing to put in the work?

If you're not willing to make change but know you want to, what can you do today that will help you become more willing tomorrow?

Use an online journal with these prompts

Most high achievers have the habit of keeping a journal for their goals.

GoalsOnTrack's built-in journal tool can organize your journal by different goals and calendar months.

You can place bookmarks for quick access to important entries. You can also record your small wins or daily accomplishments without even opening your goal journal.

If you wish to achieve things quicker, set goals and actually accomplish them in 9 weeks with this science-backed and research-proven online course.

Thank you for downloading, enjoy your journaling!