



31 *Journaling Prompts for the New Year*

An Introduction to Journaling

Daily journaling is a wonderful habit that can transform your life if you let it. For the next 31 days, you're invited on a journey to discover who you are, explore new dreams, and design your next big adventure.

Journaling works best when you create room for it in your life. Some people prefer to journal first thing in the morning so they can start their days feeling energized. Others prefer the quiet of early afternoons or late nights. Choose a time that feels right to you and set aside 20-30 minutes to write your thoughts.

In this journal, you'll find 31 prompts to inspire your inner self. You can work through the prompts in chronological order or if you prefer, skip around. Open the journal to a random page. Pick a topic that appeals to you and go for it.

Keep in mind that your journal is a judgement free zone. It's OK if you misspell a word, use a run-on sentence, or even forget punctuation altogether. You're not writing to impress others or earn an "A" on your report card. You're writing for yourself and you're the only one that will ever read these words.

So, grab a cup of coffee or tea and sit down with your journal. Give yourself the freedom to explore, to play, and to create within these pages...

This resource is compliments of Women in Ecommerce – www.WECAI.org



Planning New Adventures

Each year brings with the potential for new adventures! Use the questions in this section to consider what you'd like to do and see in the coming year...

Where would you like to travel to? (This can be as complex as traveling to a different country or as simple as exploring a state park.)

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Developing Healthy Relationships

Healthy relationships are important for your mental and emotional health. The questions in this section are designed to help you examine and reflect on your relationships...

[illegible]

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

[illegible]

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Preparing for Inner Growth

The New Year is the perfect time to consider how you'd like to grow and change. Use the questions in this section to uncover what new challenges you can tackle this year...

[illegible]

[illegible]

[illegible]

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.

[illegible]

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Embracing the New Year

Before you dive into a brand new year, take a few minutes to reflect. The questions in this section will help you consider what you'd like the next 365 days to look like...

[illegible]

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]