

# Journal Prompts For 2021

*Start the New Year off right by looking back on the year we just had, what you can improve, and where you want to be in the future.*

*Sit down, relax, and start journaling!*

1. What were some of your biggest challenges in 2020?
2. What did you learn from those challenges?
3. List at least 5 positive things that happened in 2020.
4. How did you improve yourself in 2020?
5. List 5 limiting beliefs that you're leaving in 2020
6. What are you holding onto & need to forgive yourself for?
7. What is your word for 2021?
8. List 3 short term goals for 2021.
9. List 3 long term goals.
10. What are 5 resolutions you have for 2021?
11. Where do you want to see yourself at the end of 2021?
12. What's one skill you want to work on this year?
13. List 10 things you're grateful for right now.
14. What are 5 qualities of yourself that you want to strengthen?
15. Find a quote that's going to represent this year for you. Write it down!
16. What is one negative habit you want to eliminate this year?
17. What are 5 qualities you love about yourself?
18. How are you going to practice self-love on a daily basis?
19. How can you give back this year?
20. Write a letter to yourself in 2022.