



JANUARY

Journaling Reflections

GENTLE PROMPTS FOR
A CALM AND INTENTIONAL START

*Take a moment to slow down, breathe
and reflect on this new beginning.
There is no rush—just small steps,
one day at a time.*

- ♥ What are you most looking forward to in this new year?

- ♥ What went well for you last year that you want to carry with you?

- ♥ What would you like less of in your life this year?

- ♥ What do you want more of in your days and your life?

- ♥ What small changes could make the biggest difference to you?

- ♥ How do you want to care for your mind, body and heart this year?

- ♥ What routines or habits would support the life you want to create?

- ♥ What dreams, ideas or projects feel exciting to explore?

- ♥ Who are the people you want to spend more meaningful time with?

- ♥ What does a calm, joyful and fulfilling year look like for you?

- ♥ What is one gentle intention you want to focus on this month?

A LITTLE NOTE TO YOUR FUTURE SELF

*May your January be filled with calm beginnings,
kind choices and moments that nourish you.*

