



30 Journal Prompts for end of the year

by Kama Health

1. How did I take care of myself this year?
2. Habits or routines that helped me get through this year were...
3. How will I commit to taking better care of myself next year?
4. What self-care practices make me feel better? How can I do them more?
5. Did I take care of myself physically this year through exercise, sleep, and nutrition? How or why not?
6. What can I do to make my well-being a priority next year?
7. My biggest wins & accomplishments from this year are...

8. My biggest challenges this year were... and I learned from them that...
9. Changes I need to make in my environment are...
10. Major life events that happened this year were...
11. Big decisions that I recently made were... and it made me feel...
12. Boundaries I set this year were...and it made me feel...
13. The emotion I felt most this year was...
14. I can improve my morning & evening routines by...
15. In my life right now I would like to change...
16. How satisfied was I with my work this year? What changes can I make that will help me feel fulfilled with my work?
17. What did I overthink or worry about? Was it worth it?
18. What is my focus for my job/career/work in the new year?
19. How mindfully do I live my life? How can I incorporate more mindfulness into my daily life?
20. I did or did not make time for my hobbies this year because...
21. Something new I learned about was...
22. What word or sentence sums up your year?
23. I am satisfied with my work this year because...
24. The goals I achieved this year were...and I need to work more on...
25. What are my hobbies? How can I make time for those next year?
26. My top 3 goals for next year are...
27. When I visualise my life for next year I want my life to be...
28. 5 lessons I learned this year are...
29. What skills/practices do I want to learn or master in the new year?
30. My word for the new year is...