



January Journal Prompts

1. What is one goal you can make that is achievable, realistic, and that you can do for the entire year?
2. How can you achieve your goals?
3. What would you like to have accomplished by the end of your life?
4. What can you do to make today AMAZING?
5. Clear your mind... write down everything you are thinking about right now.
6. How did you feel after writing all your thoughts out?
7. What was a defining moment in your life?
8. What is a natural born talent you wish you had?
9. Where would you love to explore?
10. What is a brag about something you did today?
11. Write a letter to one of your parents.
12. List 15 things that put a smile on your face.
13. What is your favorite memory of playing in the snow?
14. Would you rather know when you die, or how you die?
15. What are some special memories from your childhood?
16. What opportunities have come from challenges you have faced?
17. How can you make your morning routine to fulfill your daily goals?
18. What is your favorite family tradition?
19. Who do you enjoy spending time with?
20. Who makes you feel empowered?
21. Define success.
22. How are you letting your circumstances affect your stress levels?
23. What are 3 things you can do to take charge of your feelings?
24. I feel most physically healthy when...
25. How would you feel if you stopped judging yourself?
26. What songs mean the most to you? How do the lyrics speak to you?
27. How can you be more present in your life?
28. Would you rather win a Grammy or an Oscar?
29. What outfit makes you feel most confident?
30. Why does that outfit make you feel confident?
31. How can you be confident in all your outfits?

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