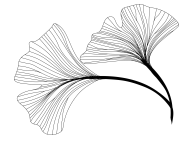




JOURNAL PROMPTS FOR A FRESH START



Plan your new era, reflect and take the next step towards your goals for the New Year.

What are my top 3 priorities for 2026?

What is one habit I want to create this year?

What personal qualities do I want to develop?

What will success look like for me in 2026?

What is one bold goal I have been hesitant to pursue?

How will I take care of my mental and physical health this year?

What do I need to let go of to move forward?

Who in my life supports my growth and goals?

How can I add more joy and fun to my daily life?

What financial goal do I want to achieve by the end of the year?

What new skill will I commit to learning in 2026?

How will I organise my time to stay productive and balanced?

What motivates me to reach my goals?

How will I track my progress and celebrate small wins?

What does my work-life balance look like?

What experiences or adventures do I want to have in 2026?

How can I be more present and mindful in my daily routine?

What will I stop doing that no longer serves me?

What is one relationship I want to improve this year?

How can I contribute more to my community or causes I care about?

What 3 books do I want to read for self- growth?

What limiting belief/s do I need to challenge and overcome in 2026?

How will I make time for rest and self-care throughout the year?

What is one risk I am willing to take for personal growth?

What legacy do I want to build or continue this year?