January | REFLECTION PROMPTS

Give yourself time and space to quietly reflect on the prompts below. You might like to light a candle or incense and make yourself a cup of a tea to set the mood.

Give yourself permission to write what comes to mind without judgment. Dig deep, be honest, and allow your answers to flow. What you uncover will help you make better decisions that align with your values and support your wellbeing.

Try to keep your monthly reflections in the same place. You may choose to complete this ritual in your journal or the lined pages ahead.

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1. What's something you wanted to achieve last year but didn't get around to doing?

2. We all have different definitions of success that don't necessarily relate to money or status. What's your definition of a successful year?

3. What needs to change in order to make this year a "success"?

4. What is a goal you have that you're afraid to tell others?

5. What's one small habit you can commit to building that will support your goals and intentions? Eg. Last year, I committed to leaving my phone out of the bedroom and it has dramatically reduced my screen time.

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