



2022 journal practice

6 days of mindful journal prompts to start
thinking & set goals for 2022

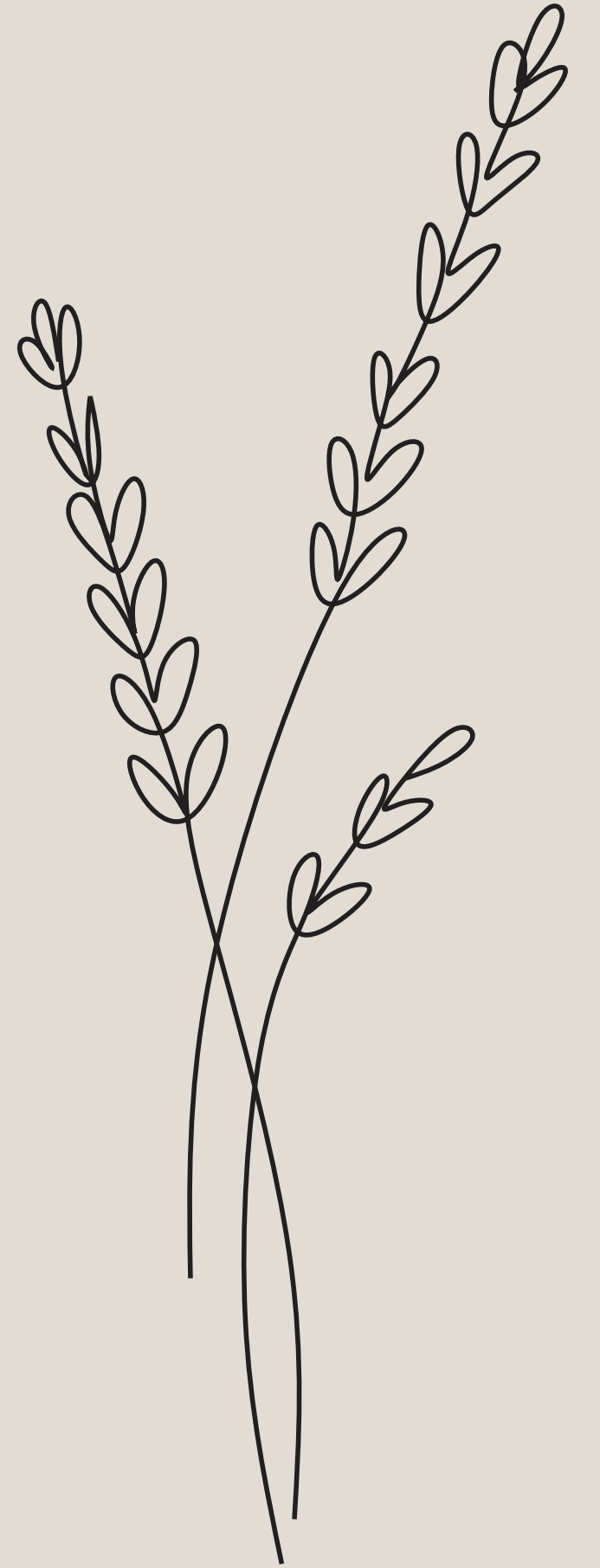
day one

what excites you about leaving 2021 behind and heading into the year ahead?



day two

what are you anxious about in the year ahead?



day three

name the things that bring you joy; big and small. how are you going to do more of this in 2022?



day four

write affirmations for yourself relating to who you are and what you want in the year ahead.

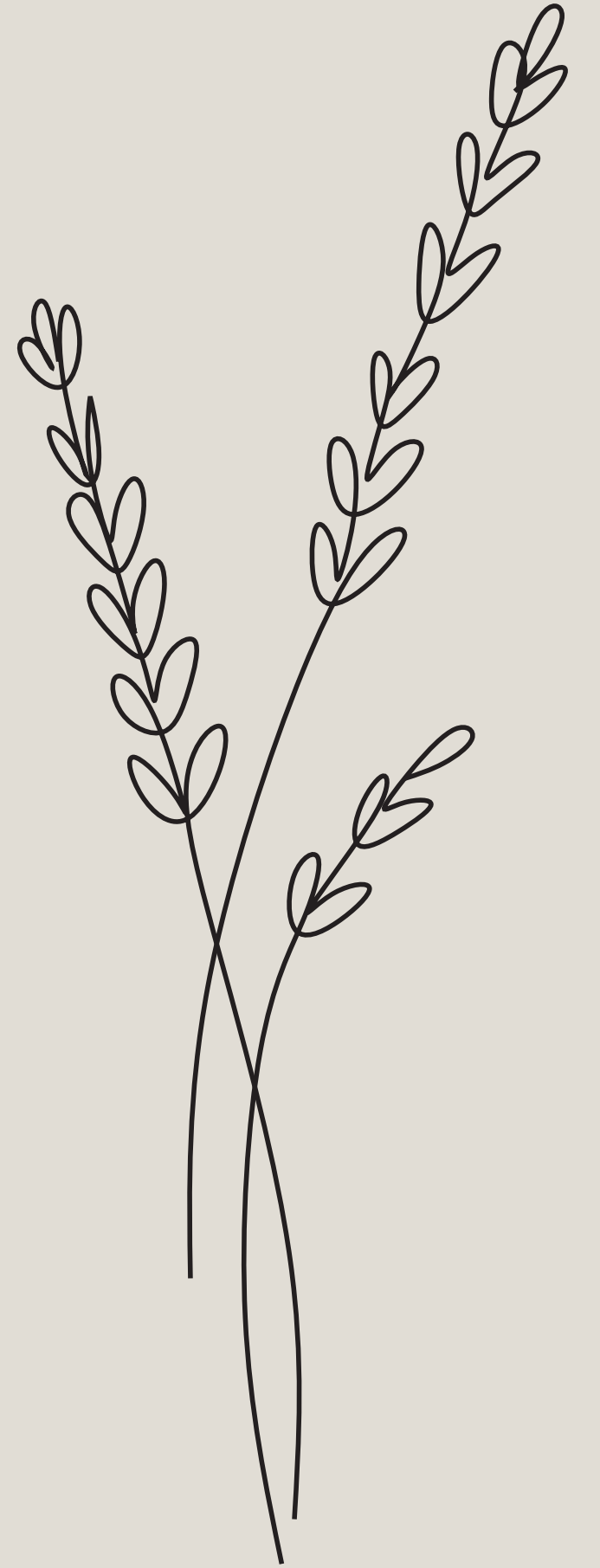
i am

i have

i can

i will

i deserve



day five

set three big goals for 2022, be as specific as possible. write down why these goals are important to you. write what scares you about these goals.



day six

create an action plan. how are you going to accomplish the goals you've set for yourself?

