GROUNDEDHER

January Journaling Prompts

A quiet page for a calm start to the year.

What am I carrying into this year — not just tasks, but feelings, hopes, and unfinished threads from last year that are still with me?

What does “enough” look like for me this year, without comparing it to more or less than anyone else has?

What's one thing I want to feel more of this year — name the feeling itself, not just the goal attached to it?

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January Journaling Prompts

A quiet page for a calm start to the year.

What's one thing I'm ready to release — a habit, an expectation, a comparison I'm ready to set down?

How do I want to treat myself on the hard days ahead, the ones that won't go as planned?