

JOURNAL PROMPTS TO MAKE 2020 YOUR BEST YEAR



WHAT I'M MOST GRATEFUL FOR FROM
THE PAST YEAR:

5 THINGS I CAN DO TO MAKE
MYSELF HAPPIER – RIGHT NOW:

1.

2.

3.

4.

5.

WHAT I NEED MORE OF IN MY LIFE:

MY PERFECT DAY LOOKS LIKE:

MY PASSIONS:

3 ACTIONS TO EMBODY THESE
THROUGHOUT THE NEW YEAR:

1.

2.

3.

MY PRIORITIES: