



10 Journal Prompts To Kickstart 2018



1. What didn't go well in 2017? What turned out great?
2. Without any limitations, what would you achieve this year?
3. Write about 3 people who inspire you.
4. Describe your perfect day from start to finish.
5. Write about something you need to let go of in 2018.
6. List as many positive qualities that you possess as you can.
7. What skills or hobbies do you want to pick up this year? Why?
8. Write out a situation that bothered you recently. Find the positive.
9. Set some achievable, immediate goals for the new year.
10. Go on a gratitude rampage!

