

What would I like to feel like on this day next year? 1	How can I practice kindness to myself this year? 2	What am I proud of accomplishing this last year? 3	What do I want to continue doing that I did last year? 4	What would I like to change from last year? 5	What am I grateful for? 6	What can I celebrate from this first week of 2023? 7
Is there anything holding me back from becoming the person I want to be? 8	Is there anything holding me back from living the life I want to lead? 9	Write a letter to your younger self in which you tell them how they would be proud of you. 10	Who in my life do I most admire? What traits do I share with this person? 11	Describe your ideal life in detail. 12	What can I do to show myself more love? 13	What can I do to show others more love? 14
When I was a kid what did I want to be? Am I doing that now? Why or why not? 15	What am I grateful for? 16	What values do I hold most dearly? 17	Is the life I am living aligned with my values? 18	What small things can I do to add more joy into my life? 19	Write a letter to your future self in which you share with them your hopes for them. 20	What did I do today that I am proud of? 21
Describe your ideal day in detail. 22	If I could go back in time and live one day over, what would it be and why? 23	What can I release that no longer serves me? 24	What do I want to prioritize in the last week of this month? 25	What am I grateful for? 26	What small things can I do to add more peace into my life? 27	What one word do I feel most represented my 2022? 28
What one word do I want to guide my 2023? 29	Write a letter to yourself in which you tell yourself what you most admire about yourself. 30	How was I successful this month? 31	<i>Journal A Day January 2023 Journal Prompts</i>			