

A close-up photograph of a person's hands holding a bouquet of white flowers. The bouquet features large, multi-petaled white flowers, possibly chrysanthemums, and smaller white flowers, likely baby's breath. The person's face is partially visible in the background, looking down at the flowers. The overall mood is soft and contemplative.

*My Intentional New Year*

# An Introduction to Journaling

Daily journaling is a wonderful habit that can transform your life if you let it. For the next 31 days, you're invited on a journey to discover who you are, explore new dreams, and design your next big adventure.

Journaling works best when you create room for it in your life. Some people prefer to journal first thing in the morning so they can start their days feeling energised. Others prefer the quiet of early afternoons or late nights. Choose a time that feels right to you and set aside 20-30 minutes to write your thoughts.

In this journal, you'll find 31 prompts to inspire your inner self. You can work through the prompts in chronological order or if you prefer, skip around. Open the journal to a random page. Pick a topic that appeals to you and go for it.

Keep in mind that your journal is a judgment free zone. It's OK if you misspell a word, use a run-on sentence, or even forget punctuation altogether. You're not writing to impress others or earn an "A" on your report card. You're writing for yourself and you're the only one that will ever read these words.

So, grab a cup of coffee or tea and sit down with your journal. Give yourself the freedom to explore, to play, and to create within these pages...

# Planning New Adventures

Each year brings with the potential for new adventures! Use the questions in this section to consider what you'd like to do and see in the coming year...





What new foods do you want to try? Do you want to perfect your sugar cookie recipe, make delicious smoothies, or explore bold cuisines?

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What would you like to stay the same? Are there areas in your life you're already really happy with and don't want to change?

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What 3 things do you most want to accomplish in the New Year? How will you make space to honour these goals?

Lined writing area consisting of 22 horizontal lines for writing the answer.

# Developing Healthy Relationships

Healthy relationships are important for your mental and emotional health. The questions in this section are designed to help you examine and reflect on your relationships...





Who would you like to bless in the New Year? Try to list 3-7 people that you'd love to pour into!

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Looking ahead, who could you mentor in the coming months? This can be someone you want to mentor personally or professionally.

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Think about your own life. Is there someone who took the time to mentor you when you really needed it? How can you thank that person?

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# Preparing for Inner Growth

The New Year is the perfect time to consider how you'd like to grow and change. Use the questions in this section to uncover what new challenges you can tackle this year...



What books have you read over the last year that made an impact on your life?

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Are there areas in your heart, mind, or body where you need healing? Is there someone in your life that would walk this journey with you?

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What charities or organisations would you like to donate to in the coming months? Think about how you'd like to donate. You can give of your time, your energy, your money, or your skills.

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# Embracing the New Year

*Before you dive into a brand new year, take a few minutes to reflect. The questions in this section will help you consider what you'd like the next 365 days to look like...*



What books do you want to read in the New Year?

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What brings you joy? How can you fit MORE of it into your daily life?

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What one word would you choose to be your anchor for the upcoming year? What does living out this word look like to you?

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Who could you share your word for the year with?

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Where will you display your word of the year so you'll see it often and be reminded to lean into it?

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