

JOURNAL PROMPTS

Fresh Starts

No need to wait for January. Start here.

What have I been putting off until the "right" date, and what if I started now?



What do I know now that makes this new beginning different from the last one?



What would I try if I believed it wasn't too late for me?



What's one thing I'm ready to say yes to in this season?



What's the first small thing I can do to put my intention into action?



What have my past attempts taught me that I can use this time?



What would today look like if I treated it as my fresh start?



What "perfect moment" have I been waiting for, and what's it costing me?



How do I want to grow during this season of my life?



Where do I need permission to try again, and can I give it to myself?



NO. 1



What have I been putting off until the "right" date, and what if I started now?

NO. 2



What do I know now that makes this new beginning different from the last one?

NO. 3



What would I try if I believed it wasn't too late for me?

NO. 4



What's one thing I'm ready to say yes to in this season?

NO. 5



What's the first small thing I can do to put my intention into action?

NO. 6



What have my past attempts taught me that I can use this time?

NO. 7



What would today look like if I treated it as my fresh start?

NO. 8



What "perfect moment" have I been waiting for, and what's it costing me?

NO. 9



How do I want to grow during this season of my life?

NO. 10



Where do I need permission to try again, and can I give it to myself?

