

JANUARY

1. What does January mean to you?
2. Reflect on the past year. What were your most significant accomplishments and challenges?
3. Write about your aspirations and goals for this new year.
4. Pick one word to define this new year. Why is this word important?
5. What positive self-talk can you add to your daily routine to support your goals and dreams?
6. Write a letter to your future self, envisioning where you see yourself at the end of the year.
7. Describe who you are without using any labels, titles or the money you have in your bank account.
8. Summarise last year in 5 words.
9. How has your life changed since last January? What events or experiences stand out?
10. What incomplete tasks do you need to finish by the end of January? What steps will you take to ensure it's done by the end of this month?
11. What do you wish to experience this year?
12. What excites you most about January?
13. Do a brain dump on your most challenging goal.
14. Reflect on your favorite winter memories and the emotions they evoke.
15. Think of the people who have had a positive influence on your life. How can you express gratitude to them?
16. What's one thing you can do right now to bring yourself closer to your dream?
17. Schedule a non-negotiable solo date for every month of the year.
18. What is your current energy? Does it make you feel expensive or expansive? What actions can you take to shift your energy towards a more positive and expansive state?
19. List five things that you are grateful for.
20. Explore the idea of self-love. How can you give yourself more love, kindness, and compassion this month and the months to come?
21. Write about a moment when you felt a strong sense of achievement.
22. Consider the lessons you've learned from the previous year. How can they guide you in the months ahead?
23. What skills do you need to accelerate your personal and professional growth?
24. Who are you when no one is looking?
25. What new experiences do you want to have this year?
26. What new practices would you like to add to your daily routine? What positive impact will it have on your life?
27. Write a letter to your past self, offering words of encouragement, guidance, and advice.
28. Reflect on a time when you stepped out of your comfort zone. What did you learn from that experience?
29. Explore the theme of community. How can you contribute to and connect with your community this year?
30. Reflect on the people who make you feel supported and loved. How can you nurture those relationships?
31. What intentions do you want to set for this month and the coming months? What steps will you take to ensure you stay on track?