



Journal Prompts: New Year, Same You — And That’s Okay

1. What messages about “change” or “reinvention” do I notice feeling pressured by right now? How do they impact me emotionally?
2. In what ways have I already been surviving, adapting, or showing strength—even if it doesn’t look like traditional “progress”?
3. What parts of myself am I being asked (by myself or others) to fix or change? What would it feel like to offer those parts compassion instead?
4. How does my body or mind respond to the idea of New Year’s resolutions? What emotions come up?
5. What does self-respect look like for me in this season of my life?
6. If I let go of comparison, what pace actually feels supportive and realistic for me right now?
7. What gentle intention could guide how I treat myself this year—without pressure to perform or achieve?
8. Where in my life am I pushing past my capacity? What might it look like to honor my limits instead?
9. What am I grieving about the way this year has started or the expectations I wish I could meet?
10. How have my challenges shaped my values, empathy, or resilience?
11. What would it mean to measure growth by how safe, regulated, or kind I feel rather than by productivity?
12. When I rest, what beliefs or fears show up? Where do I think those messages came from?
13. What parts of myself deserve more patience and understanding this year?

14. If I trusted my body and mind more deeply, what choices might change?

15. Finish this sentence with honesty and compassion:

This year, I give myself permission to...