

*Energize your soul with self-reflective journaling for the new year.*

*In the Past Year...*

*What is one thing you have learned?*

*What was your greatest achievement?*

*What is one thing you wish you would have done?*

*What has inspired you the most?*

*What was the most challenging part?*

*What did you learn about yourself?*

*What advice would you give yourself now?*

*For the New Year...*

*What is one habit you would like to change?*

*What is one thing you would like to see yourself do better at?*

*What are you most excited about?*

*What is your most important wellness goal?*



*Energize Your Soul*