

2020

reflective journaling

PROMPT

4 things that brought me joy this year

3 big ways I cared for myself

2 things I'm proud of

1 lesson I'm moving forward with

list it out



write it out



Where did I see growth this year?

Where did I see loss + how did I cope?

What am I grateful for this year?

What was challenging?

What did I learn about myself?

How did I manage my wellbeing?

What came full circle?

Who am I walking into next year as?