

Hello!

Please enjoy this free printable,
courtesy of Fleurette Press!

Please remember that this free printable is
for personal use only, and distribution
is not allowed.

For more free printables, please visit our
website again soon. And don't forget to check
out our journals and activity books
available on Amazon!



Fleurette Press
www.fleurettepress.com

Year-End Journal Prompts

Volume 1	<i>For self reflection and personal growth</i>
----------	--

1. What 3 words describe this past year?
2. What are the 3 most important things you learned this year?
3. My favorite memory from this year is...
4. What were your big wins this year? What moments made you proud?
5. This year, I'm most grateful for...
6. How have you grown over the past year? How would you describe yourself at the beginning of the year vs end of the year?
7. In what areas do you feel you made the most improvements to your life?
8. The biggest challenge I faced this year was...
9. How was this year unique compared to other years?
10. What was the most important thing you learned about yourself this year?
11. Who had the biggest impact on your life this year?
12. The nicest thing anyone did for me this year was...
13. What were your favorite books, movies, shows, and songs this year?
14. How satisfied were you with your work this year? What did you enjoy and not enjoy?
15. Did you accomplish the goals you set for yourself this year? Did any of your goals change?
16. Did you have any setbacks or disappointments? What did you learn from them?
17. What surprised you the most about yourself?
18. How well did you take care of yourself this year? Did you prioritize mental health, exercise, sleep, and good nutrition?
19. Do you have any regrets from this year? What would you do differently next time?
20. What will you be glad to leave behind this year?

