



Reflect and Reset

Journaling prompts to prepare your mind for the year ahead




A Journal to Start the Year with Healthy Habits & Meaningful Intentions


Look Backward to Move Forward

After the busyness of the holiday season, it can be helpful to spend time reflecting and setting your intentions for the days to come.

As you review the previous year and contemplate your future, consider using a non-judgmental lens to observe your successes and identify areas of improvement or key learnings. Your dreams and goals are much more attainable with a spirit of self-compassion and by taking small, consistent steps that move you closer to making sense of your life in the present moment.

So take some time to pause, zoom out, and write. We've provided a few self-reflection prompts to help you kickstart the new year.

 **Reflection Prompt #1:** What were some personal highlights from last year? What brought you joy or a sense of pride?

 **Reflection Prompt #2:** What did the previous year teach you? What are some new things you learned about yourself?



Reflection Prompt #3: What did you experience last year that you'd like to repeat in 2024? These selections can be specific activities, relationships, feelings, or changes you witnessed.

Navigating Challenges and Hardships

Now that you've reflected on wins and highlights, it's equally important to review some of the challenges, hardships, or even barriers that prevented you from moving forward, or living in alignment with your values, or showing up authentically.



Reflection Prompt #4: What were some of the challenges you faced last year? What helped you navigate those difficult times?



Reflection Prompt #5: Consider the goals you were unable to achieve. What resources would support your efforts to achieve them this year (if they still feel aligned)? What might you do differently to make those intentions more achievable? (e.g. break down the goal into smaller steps.)

Avoiding Burnout

As you contemplate goals and intentions for the upcoming year, don't forget to prioritize your well-being. A network of support – whether friends, healthy boundaries, or a therapist – can help you achieve your goals while safeguarding your mental health. Before challenges arise, be proactive by identifying what you need to feel at your best and fully show up.

WHAT DO I NEED TO FEEL MY BEST?	HOW WILL THIS LOOK IN MY LIFE?
<i>E.g. I need better boundaries.</i>	<i>E.g. Use a planner to block time to work on my goals. Say 'no' to unnecessary obligations that interfere.</i>
#1:	#1:
#2:	#2:
#3:	#3:
#4:	#4:
#5:	#5:

SELF-COMPASSION AS SELF-CARE

Similar to the previous exercise, take a moment to consider compassionate approaches you can use to get back on track when faced with challenges. This may be an encouraging phrase you say to yourself or an activity that helps you decompress.

SCENARIO	COMPASSIONATE APPROACH
<i>E.g. Dealing with procrastination</i>	<i>E.g. Commit to just 10 mins of work for the day (Reminder: a little progress is better than no progress)</i>
<i>E.g. Feeling physically or mentally exhausted</i>	<i>E.g. Take two days off to fully rest and recover</i>

DEVELOPING HEALTHY HABITS

A great way to prevent burnout is by having a self-care plan. Write three healthy habits you can commit to this year. Make sure your choices are sustainable for your lifestyle. For example, an hour of daily yoga isn't recommended if you've never practiced yoga before. Instead, consider activities that you're likely to stick with and can easily incorporate into your days. This could be as simple as drinking a glass of water each morning, going for a 10-minute walk after dinner, or writing three things you're grateful for each day.

I COMMIT TO THESE 3 HEALTHY HABITS...		
1.	2.	3.

RELEASING LAST YEAR



Reflection Prompt #6: In addition to new healthy habits, consider what you need to release this year. This may be an undesired habit, thought pattern, relationship, or way of life that no longer feels aligned with who you are. Remember: When you release one thing, you create space to receive something in its place. That's why you're encouraged to envision what you'd like to receive upon its release.

I RELEASE...	I RECEIVE...
<i>E.g. Overcommitting to social engagements</i>	<i>E.g. More time to relax and recover from work</i>
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Finding Motivation

When you desire to make a change in your life, whether a small new habit or a major life decision, you're likely to experience days where you lack motivation to pursue goals. On those days, it's important to lean into self-compassion. Rather than judge yourself, mentally prepare for those moments by identifying restorative practices that can help you regain focus and drive.

CONSIDER YOUR WHY

Sometimes we focus so much on achieving our goals that we may not stop to consider why we're doing them in the first place. We can sometimes be influenced by the opinions of others, or because of something or someone we're comparing ourselves to. Instead, ask yourself why you want to set a goal and explore the deeper motivations behind it.

- Do you want to return to school to earn a degree, or were you told it's the only way to be successful?
- Do you need to lose weight because the media makes you feel that way, or do you just want to take dance classes to have fun and keep your body moving?

Think about the true source of your motivation. What's driving this? What is the outcome you have in mind? What overall benefit do you wish to experience? When you understand your why, you can revisit this reason when you're feeling discouraged or unmotivated, and it can re-energize your commitment to your goals.

Think about your top five goals or intentions and take a moment to identify your "why."

GOAL OR INTENTION	YOUR "WHY"



Reflection Prompt #7: As the year goes on, it can be helpful to reflect on your progress. Decide whether you'd like to do monthly or quarterly check-ins to review your goals. You can start by asking yourself these questions:


- What goals am I currently working toward?
- What progress have I made?
- What challenges have I faced?
 - What helped me navigate the challenge?
 - What may be helpful in the future?
- Do these goals still feel aligned with my interests and values?
 - If not, how can I pivot to be in alignment with my needs?
- What keeps me motivated and moving forward?

A large, light beige rounded rectangle that occupies the lower two-thirds of the page, serving as a space for writing or reflection.

BONUS ACTIVITY: WRITE YOUR FUTURE SELF A LETTER

Once you've completed the prompts and activities above, try writing your "future self" a letter. There is no right or wrong way to do this activity. To start, grab a piece of paper or notebook, your favorite pen, and an envelope. You can write about your goals for the year, how you're feeling now, what you hope you will achieve, or inspiration your future self may need. Your letter can include both positive moments or doubts you may have. It can include your favorite affirmations or memories. When you're done with your letter, put it in an envelope and seal it up.

Address the letter to yourself and include a date it can be opened, perhaps January 1 of the following year.

 **REMINDER:** Discover more ways to reflect, reset, and mindfully prepare for the year ahead with Headspace.

Thank you

