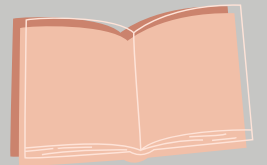


JOURNAL PROMPTS



FOR NEW YEAR

@emiliathompsonphd



HI

@emiliathompsonphd

New year is such a fantastic time to reflect on the past 12 months, and to consider, how do I want to feel this time next year, and how do I want to show up for myself and others?

The idea is write as though no one, including you, will ever read them.

I use these prompts with clients and myself. I hope you'll find them useful! Don't use them all at once - there are a lot! If you use them, I'd love to know how you get on. And if you're a coach, please make sure to credit me before using them with your clients!

See you soon,

Em xxx



REFLECTIONS

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- **Write out your values and write out your years story**
 - **If someone were to look at my actions, could they guess what my values were?**
- **Map your yesses and your nos**
 - **What did I say yes to?**
 - **What did you say no to?**
 - **Am I happy with those choices?**
 - **Is there anything I want to change, moving forwards? More yesses? More nos? Why?**
- **What were the best moments of this year?**
 - **What made them the best?**
 - **What key words do these times cultivate?**
 - **How will I bring more of those words into the new year?**
- **What were my biggest moments this year of:**
 - **Accomplishment**
 - **Joy**
 - **Presence**
 - **Love**
 - **Success (remember your own markers)**
 - **Lessons in failure**
- **How connected have I felt?**
 - **To my purpose**
 - **To those I love**
 - **To myself and my body**
 - **In romantic love**
- **What lessons have I learned this year?**
- **What did I want to do this year, that I didn't do?**
 - **What stopped me from doing that?**
 - **Was it tangible? Time, money etc?**
 - **Fear? Of failure? Of success?**
 - **Lack of feelings of deserving?**
 - **How do I feel about these stories impacting my life?**
 - **How will I change that?**
- **How have my thoughts or opinions changed this year?**
- **What do I choose to forgive myself and others for?**
- **How have I learned to have more respect and care for myself this year?**

FUTURE PLANNING

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- **How will I feel if I'm this position next new year?**
- **Taking each area of my life (health, relationships, career, joy etc.), what do I want to change (if anything)?**
- **For each of these, what's something I can change in the next few days, 3 months, 6 months, year?**
 - **Set measurable targets for these**
 - **Focus on systems and processes as opposed to end goals**
- **What values do I want to live by?**
- **1-3 daily habits I'm going to pick up this year are...**
- **Is there anything I am certain I want to accomplish by this time next year? How will I make that happen?**
- **How will I be intentionally present whilst striving for my goals?**
- **How will I contribute to the world?**
- **Where will my yin and yang come from?**
 - **'Go' (Yang) with the 'Flow' (Yin)**
 - **Action (goals, structure, qualifying) and leaning into recovery, rest, play, intuition**
- **How often will I reflect on these goals?**
- **What is my one key word or intention for the coming year?**

GRATITUDE

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- **What am I grateful for in my life?**
- **Who am I grateful for this year?**
 - **Send a message or tell these people – let them know.**
- **What am I grateful to myself for?**
- **What came into my life this year that I appreciate?**
- **What failures or redirections happened that I'm grateful for? Why am I grateful for that?**
- **Where is the beauty in the ordinary of my life?**

**Is health on your list
this year?**

**Accountability can be
incredibly
transformative in
making sure your
habits stick.**

**Find out more about
one-to-one support
here. We've helped
1000s of women
improve their health,
build healthful habits
and find peace with
food.**

