

# JANUARY

## Journaling Challenge

MON	TUE	WED	THU	FRI	SAT	SUN
				1 What is important to me this year?	2 What brings me joy?	3 What are 3 qualities I like about myself?
4 What would I do if I couldn't fail?	5 What makes me feel confident?	6 How do I define my worth?	7 What am I good at?	8 What is working in my life right now?	9 What isn't working in my life right now?	10 What do I need to let go of?
11 What do I need to forgive myself for?	12 Who am I at my core? (not what you do!)	13 What am I grateful for today?	14 What is holding me back from being confident?	15 How can I be kinder to myself?	16 Where do I people please in my life?	17 What am I proud of myself for?
18 Where do I need support in my life? Who can I ask?	19 What is a belief that doesn't serve me?	20 What are 3 things I want to achieve this year?	21 Does social media affect my mental health? Why?	22 What can I do to support my mental health?	23 Do I care what others think of me? Why?	24 What is one area of my life I want to improve?
25 What does unconditional love look/feel like?	26 What am I willing to say yes to this year?	27 What/who do I need to say no to more?	28 What inspires me most at the moment?	29 What would I tell my younger self?	30 Do I let my past dictate my future? Why?	31 What did I learn about myself this month?