

# SELF-REFLECTION PROMPTS

Self-reflection is the first step to building emotional self-awareness. This heightened awareness is a key catalyst for personal growth, enabling us to make informed decisions, set meaningful goals, and navigate life's challenges with more ease. Use the prompts below to guide your inner exploration:

## 1 Gratitude



This past year, I'm most grateful for:

## 2 Celebrations



What were my most significant achievements and accomplishments last year?

## 3 Lessons



What were the major challenges I faced, and what did I learn from them?

## 4 Embodiment



How do I want to feel at the end of 2024?

## 5 Core Values



What are the core values that matter most to me?

## 6 Learning and Growth



Are there specific topics or skills I want to explore or develop this year?

## 7 Practices



What practices contribute to my mental and emotional well-being?

## 8 Habits



Are there small, manageable habits that can lead to more significant positive changes?

# INVENTORY

After journaling and answering the questions above, take a few minutes to review your answers, then make a list of the following:

HOW I WANT TO FEEL IN 2024	<ul style="list-style-type: none"><li>• e.g. I want to feel more calm and at ease</li><li>•</li></ul>
PRACTICES THAT WILL HELP ME	<ul style="list-style-type: none"><li>• e.g. A few minutes out in nature</li><li>•</li></ul>
KEY HABITS	<ul style="list-style-type: none"><li>• e.g. Frequent social media breaks</li><li>•</li></ul>
VALUES	<ul style="list-style-type: none"><li>• e.g. Self-discipline</li><li>•</li></ul>

# INTENTIONS AND AFFIRMATIONS

With the information gathered above, use the space below to write affirmations that combine values, habits, commitments, or intentions. You can focus on one or multiple areas. For overachievers and perfectionists, it is recommended to focus on one area only, and other areas can be tackled each month.

Read your affirmations for 30 days. You can post them on sticky notes, in the fridge, in your mirror, or anywhere you see them daily and frequently.

## WELL-BEING:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ENERGY MANAGEMENT:

*e.g. Through self-discipline, I choose to step back from social media and create*

1. space for calmness and ease to flow through my daily experiences
2. \_\_\_\_\_
3. \_\_\_\_\_

## FINANCES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## RELATIONSHIPS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## PERSONAL GROWTH AND CREATIVITY:

1. \_\_\_\_\_
2. \_\_\_\_\_