

December
2024

Morningtides 
Nourish Your Self

An original and exclusive Holistic Journaling program.

SUGGESTED PROMPTS FOR END-OF-THE-YEAR JOURNALING

As the year draws to a close, it's a natural time for reflection—a perfect opportunity to capture and better understand the year you've just lived. Also, importantly, reflection is the first step towards self-awareness, offering you a chance for new perspectives, growth, and learning.

One of the best ways to engage in this process is through journaling—putting your thoughts and emotions on paper. Journaling allows you to write without restrictions, without fear of what others will think. It helps uncover unconscious thoughts and recognize your patterns.

At the end of the calendar year, journaling becomes especially meaningful. It provides valuable clarity and context, helping us process the events of our lives. It also offers a priceless opportunity to find the positive, countering our brain's natural negative bias, and to express gratitude.

To have a productive and thought-provoking end-of-year journal session, set aside some uninterrupted time. Think of journaling as a personal retreat—like a warm bubble bath or a massage. Let go of expectations and self-judgement. Avoid putting pressure on yourself. Remember, *there are no rules for journaling!* We simply suggest that you date your entries.

Allow yourself to welcome whatever arises and ink it onto your page.



Preparing for effective yearly reflections

Yearly reflections can be intimidating. A few tips will simplify this.

1. **Chunk it!** This can be done gradually. Block off some chunks of time, maybe a few 30-minute or 15-minute sessions. Many people they choose to journal in the quiet of the morning when their minds are fresh and open.
2. **Setup the environment and focus.** Choose a journaling environment that helps you focus. This can be your bed, in nature, sitting on the floor, doing it with a friend, or even at a café! Some people love to light a candle and play some soft instrumental music.
3. **Keep it simple and free from judgements.** The reflection process can be discouraging, angering, scary, and sad at times. Don't get stuck or go down a rabbit hole. When that happens, keep it short and highlight any entries you'd like to focus on or work on processing at another time*. Proceed to the next question/prompt.
4. **Follow questions or prompt.** You can produce some of the best journaling by asking yourself the right questions. In journaling, we call these 'prompts'. When you can't come up with your own, it's okay to GOOGLE some, or use a freebie like this one from Holistic Journaling's Morningtides program!
5. **Self-reflect with pen and paper.** Yes, it's best to journal by handwriting. This slows you down, allows time for thoughts to arise (even from the unconscious), and gives you the opportunity to draw and doodle also if you are so inclined to express your emotions that way.

**Journaling can help you process situations and emotions to find solutions and/or new perspectives. If you find yourself unable to journal out of something difficult, it may be time to find outside help, such as talk therapy with a psychologist.*



Areas to reflect upon (listed alphabetically)

- Career and Work
- Community
- Finances
- Emotions
- Health and Wellness
- Living situations/environment
- Living your values
- Positive events/times/actions
- Relationships
 - Romantic
 - Family
 - Friends
 - Neighbours
 - Self
 - Co-workers
- Religions/Spirituality
- World events and economy
- Your priorities

Or...

Use the following suggested prompts to help you get your ink flowing.



50 suggested prompts for your 2024 in review

(in no particular order)

Pick and choose or reflect on them all. Happy Inklings!

1. What one word or phrase best sums up and describes your experience this year? Reflect on this phrase. Is this phrase free from bias?
2. What went right in 2024?
3. What did you consciously make happen this year?
4. What is the most significant way you have grown as a person this year? How and why?
5. What is your biggest lesson or take-away from 2024 that you will use going forward?
6. What happened this year that you did not have control over? Did you accept that you didn't have control? How did it make you feel?
7. What were the happiest moments of your year, and why did they bring you so much joy?
8. Your top three feelings this year: what were they, and why?
9. How well did you practice self-care and self-kindness this year? Make a list of examples.
10. Evaluate your mental, emotional, physical, and spiritual health this past year, scoring 1 to 10, 10 being excellent. Reflect on your evaluation.
11. What have you learned about your boundaries and values this year? How have you enforced them?
12. Was there a mindset shift this year that will change how you approach life? What and why?
13. What part of your daily routine brought you the most satisfaction or growth this year?
14. Make a list of the things you want to remember from 2024.
15. What are you grateful for from this past year?
16. Identify 3 top personal 'wins' for the year. What made them happen?
17. What risks did you take this year? What were the outcomes?
18. What else do you need to do or say to be complete with this year?



19. What are you most happy about completing this year?
20. Who were the three people that had the greatest impact on your life this year?
21. What was your biggest surprise this year?
22. Reflect on a relationship that evolved this year. How has it affected you? (It could be your relationship with yourself!)
23. What new skills or knowledge did you gain this year, and how did they enhance your life?
24. Think about a habit you developed or improved this year. How has it benefited you?
25. Identify a low point from the year. How did you recover? What did it teach you about resilience?
26. Describe a challenge you faced this year. How did you overcome it, and what did you learn?
27. Recall a moment this year requiring bravery. From where did you draw your strength?
28. Reflect on when you stepped outside your comfort zone. How did it shape your growth?
29. Reflecting on this year, what action would you alter?
30. How did your priorities change over this year?
31. What role did gratitude play in your life this year?
32. Reflect on a time you forgave yourself or someone else this year. How did it feel?
33. Was there a book, movie, podcast, or person who had a significant impact on you this year? Why?
34. Looking back, what advice would you give yourself at the start of this year?
35. What moments made me feel most proud this year?
36. What things held me back this year?
37. What new opportunities or experiences did I embrace this year?
38. What feedback or life advice made a lasting impression on me?
39. How did I handle setbacks and what does that say about my resilience?



40. What role did joy and fun play in my life this year?
41. What have I released this year and what were the emotions associated with it?
42. How have I changed as a person since the beginning of the year?
43. How did I invest in my personal growth or learning?
44. What's one thing I wish I had done differently this year?
45. Reflect on your financial life this year.
46. How did you expand your community this year?
47. List acts of kindness from this year, yours and those people gifted you.
48. What world events affected your life this year? How? (It's good to find articles about those events and include them in your journal).
49. What changes happened to your situation or environment?
50. What do you want baggage do you want to pack up and permanently leave behind in 2024?
 - a. Reflect on a grudge or unresolved conflict. What can you do to let it go?
 - b. What's one mistake or failure you've been holding onto? How can you forgive yourself?
 - c. What is one fear or limiting belief you're ready to release, and why?



Give yourself the gift of community, camaraderie, and health & wellness for 2025.

Join MorningtidesPlus! It's extremely affordable, with three different sessions to choose from per week (or attend all three!). Every session includes new prompts.

Learn more here and join us. We'll welcome you with open arms and hearts.

<https://www.holisticjournaling.ca/morningtides>

