

50 New Year Journal Prompts for Goal Setting and Year-End Review

Year in Review Journal Prompts

Before we look forward, we must honor the journey. Use these end of year journal prompts to synthesize the last 12 months.

1. What was the “highest high” of the past year?
2. What was the most difficult challenge, and how did it change you?
3. Which habit served you best in _____?(e.g. 2025)
4. What is one thing you did for the first time this past year?
5. Who was the most influential person in your life during the last 12 months?
6. What is a “win” you haven’t fully celebrated yet?
7. What did you spend too much time worrying about that didn’t end up mattering?
8. What was the best book, movie, or piece of art you consumed?
9. How has your perspective on “success” shifted since last year?
10. What is one thing you are officially leaving behind in the past year?
11. Describe your favorite memory from each season (Spring, Summer, Fall, Winter).
12. What was the smartest financial decision you made?
13. How did you handle your mental health during high-stress moments?
14. What is one lesson _____ (e.g. 2025) taught you that you’ll never forget?
15. If the past year was a movie title, what would it be?

New Year Journal Prompts for Goal Setting

Now that the slate is clean, use these journal prompts for the new year to design your next chapter.

16. What is the one “theme word” for the remainder of your _____ (e.g. 2026)?
17. If you were guaranteed success, what is the biggest goal you would set?
18. What does your “ideal day” look like in this new year?
19. What is one new skill you are committed to learning?
20. How do you want to feel in your body six months from now?
21. What is one boundary you need to set to protect your time?
22. How can you be 10% more adventurous this year?
23. What does “abundance” look like in your career right now?
24. What is a “micro-habit” (something taking <5 mins) you want to start today?
25. Who do you want to connect with or mentor this year?
26. What is one “scary” thing you want to try?
27. How will you measure your progress beyond just “numbers”?
28. What does “rest” look like for you in a high-productivity year?
29. If you could only achieve three things this year, what would they be?
30. What is a mantra you can return to when things get tough?

Intention & Manifestation: New Years Journaling Prompts

These new years journal prompts help align your mindset with your ambitions.

31. What is a limiting belief you are ready to rewrite?
32. What does “showing up for yourself” look like in _____ ?(e.g. 2026)
33. Describe your “Future Self” at the end of this year. What are they proud of?
34. What is one area of your life that needs more “magic” or “play”?
35. How can you be a better friend to yourself this year?
36. What does “integrity” mean to you in your current role?
37. What is a “luxury” you want to manifest (time, experience, or item)?
38. How can you show more gratitude for the “boring” parts of your life?
39. What is a question you are currently seeking an answer to?
40. What would you do this year if you weren’t afraid of being judged?

Rapid-Fire New Year Check-ins

41. One place I want to travel to: _____.
42. One person I want to forgive: _____.
43. One habit I am breaking: _____.
44. One thing I'm saving money for: _____.
45. My "Big Audacious Goal": _____.
46. How I will practice self-care: _____.
47. A topic I want to read five books about: _____.
48. What "peace" looks like to me today: _____.
49. The best thing about being me right now: _____.
50. My final commitment to myself for (e.g 2026): _____.

