



JANUARY

Journal & Meditation Prompts

Intentions, Resolutions, and Habits



1. What single intention do you have for 2023?
2. Why is this (#1) your intention?
3. How will this intention (#1) look each day?
4. What challenges will you face with this intention?
5. How can you stay connected to this intention?
6. What do you need to change for this intention to work?
7. How will you know you are living through your intention?
8. What single resolution will make the most difference to you this year?
9. How will this resolution (#8) change you?
10. What do you need to change for this resolution to work?
11. How will you know when this resolution is successful?
12. How does this resolution connect to your intention above?
13. How does this resolution relate with your current habits?
14. How does this resolution align with your future habits?
15. What most powerful, single habit do you want to establish for 2023?
16. How does this habit support your intention?
17. How does this habit support your resolution?
18. How does this habit feel in your body?
19. How does this habit change your thoughts?
20. How does this habit change your actions?
21. How will you know when this habit is successful?
22. What single habit can most improve your body in 2023?
23. What single habit can most improve your mind in 2023?
24. What single habit can most improve your energy in 2023?
25. What single habit can most improve your spirituality in 2023?
26. What single habit can most improve your relationships in 2023?
27. What single habit can most improve your happiness in 2023?
28. Review your habits. Which ones do you need to release?
29. Review your habits. Which ones do you need to replace?
30. How will you connect daily with your intentions, resolutions, and habits?
31. How will you regularly review your intentions, resolutions, and habits?

