

A spiral-bound notebook with a cream-colored cover is the central focus. It is placed on a wooden desk. In the background, a silver laptop is partially visible, along with a pair of black-rimmed glasses and a red ceramic coffee cup filled with dark liquid. The notebook's cover features the title '31-DAY JOURNALING' in large, bold, red, distressed-style capital letters. Below this, 'FOR THE NEW YEAR' is written in a smaller, gold-colored serif font. A black rectangular banner at the bottom of the cover contains the text 'Inspiring Journaling Workbook' in a white, typewriter-style font. The website 'ALIVEPRENEUR.COM' is printed in white at the bottom right of the notebook's cover.

31-DAY JOURNALING

FOR THE NEW YEAR

Inspiring Journaling Workbook

ALIVEPRENEUR.COM

An Introduction to Journaling

Daily journaling is a wonderful habit that can transform your life if you let it. For the next 31 days, you're invited on a journey to discover who you are, explore new dreams, and design your next big adventure.

Journaling works best when you create room for it in your life. Some people prefer to journal first thing in the morning so they can start their days feeling energized. Others prefer the quiet of early afternoons or late nights. Choose a time that feels right to you and set aside 20-30 minutes to write your thoughts.

In this journal, you'll find 31 prompts to inspire your inner self. You can work through the prompts in chronological order or if you prefer, skip around. Open the journal to a random page. Pick a topic that appeals to you and go for it.

Keep in mind that your journal is a judgement free zone. It's OK if you misspell a word, use a run-on sentence, or even forget punctuation altogether. You're not writing to impress others or earn an "A" on your report card. You're writing for yourself and you're the only one that will ever read these words.

So, grab a cup of coffee or tea and sit down with your journal. Give yourself the freedom to explore, to play, and to create within these pages...

Planning New Adventures

Each year brings with the potential for new adventures! Use the questions in this section to consider what you'd like to do and see in the coming year...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

In what areas of your life, will you challenge yourself? Are there skills you want to develop or a talent you want to hone even more?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

What new foods do you want to try? Do you want to perfect your sugar cookie recipe, make delicious smoothies, or explore bold cuisines?

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What would you like learn in the New Year? (Are there other cultures you've always wanted to study? Are there advanced classes you want to attend?)

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

How will your life be different this year? Are there some big changes you'd like to make?

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[illegible]

What would you like to stay the same? Are there areas in your life you're already really happy with and don't want to change?

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[illegible]

Consider projects you'll start this year. Why do you want to work on these projects?

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Are there new hobbies would you like to take up? Why do you want to pursue them?

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What 3 things do you most want to accomplish in the New Year? How will you make space to honor these goals?

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Developing Healthy Relationships

Healthy relationships are important for your mental and emotional health. The questions in this section are designed to help you examine and reflect on your relationships...

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[illegible]

Imagine getting to build a dream team so your life and business flow smoothly and easily. What would that look like?

[illegible]

[illegible]

Who would you like to bless in the New Year? Try to list 3-7 people that you'd love to pour into!

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice. There are no margins, text, or other markings on the paper.

[illegible]

Think about the people you listed on the previous page. How will you bless each person on your list?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Looking ahead, who could you mentor in the coming months? This can be someone you want to mentor personally or professionally.

Think about your own life. Is there someone who took the time to mentor you when you really needed it? How can you thank that person?

Preparing for Inner Growth

The New Year is the perfect time to consider how you'd like to grow and change. Use the questions in this section to uncover what new challenges you can tackle this year...

[illegible]

[illegible]

What books have you read over the last year that made an impact on your life?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**Are there areas in your heart, mind, or body where you need healing?
Is there someone in your life that would walk this journey with you?**

[illegible]

Is there clutter in your home or office that you'd like to let go of? What could you donate that someone else might love and treasure?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

**Are you consuming negative content online and on social media?
How could you limit your exposure to this content in the New Year?**

[illegible]

This image shows a single page from a notebook or ledger. It features ten horizontal black lines spaced evenly down the page, providing a guide for writing. The background is white, and there are no margins, text, or other markings present.

What charities or organizations would you like to donate to in the coming months? Think about how you'd like to donate. You can give of your time, your energy, your money, or your skills.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

What self-limiting beliefs will you cast off in the New Year? A self-limiting belief keeps you stuck where you are (e.g. thinking: I'm bad with money, I have no talent, or I can't work a job I love).

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

What's a new mantra you'll use to replace a self-limiting belief? For example, I'm smart with my money, I am a talented writer with a gift to share, or I can create a job I love.

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Embracing the New Year

Before you dive into a brand new year, take a few minutes to reflect. The questions in this section will help you consider what you'd like the next 365 days to look like...

[illegible]

[illegible]

What books do you want to read in the New Year?

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[illegible]

What brings you joy? How can you fit MORE of it into your daily life?

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[illegible]

If you had to pick one word to sum up the past year, what word would you choose? Describe why you chose that word.

[illegible]

[illegible]

What one word would you choose be your anchor for the upcoming year? What does living out this word look like to you?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

How will you use your word of the year to shape your decisions in the coming weeks?

Who could you share your word for the year with?

[illegible]

Where will you display your word of the year so you'll see it often and be reminded to lean into it?

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