

JANUARY

PM Journaling

S	M	T	W	T	F	S
				1 What truth about yourself feels harder to admit right now?	2 What are you carrying into this year that no longer belongs to you?	3 Where are you choosing comfort over honesty?
4 What does your body need more of this month?	5 What version of you are you quietly grieving?	6 What boundary would change your life if you honored it?	7 What fear is shaping your decisions more than you realize?	8 Where are you asking for clarity instead of taking responsibility?	9 What habit reflects who you're becoming, not who you were?	10 What does rest mean for you beyond sleep?
11 What belief about yourself needs updating?	12 Where are you outsourcing your self-worth?	13 What are you avoiding because it might change things?	14 What does "enough" look like for you right now?	15 What daily moment deserves more presence?	16 What promise to yourself have you been postponing?	17 Where are you shrinking to stay accepted?
18 What emotion keeps resurfacing, and why?	19 What would change if you trusted yourself more?	20 What part of your life feels out of alignment?	21 What are you learning about your limits?	22 What does success mean to you this season?	23 What relationship needs clearer communication?	24 What pattern are you finally ready to interrupt?
25 Where are you growing, even if it feels uncomfortable ?	26 What would you do differently if fear wasn't driving?	27 What does your inner voice sound like lately?	28 What has January revealed about your priorities?	29 What are you proud of that no one sees?	30 What needs to be released before February begins?	31 Who are you becoming as you move forward?
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The deepest form of respect is not returning to what broke you.