

# *New Year Hopes & Dreams Journal*

2022



Provided by Lynda Monk, MSW, RSW, CPTC  
Director, IAJW.org



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**JOURNAL WRITING**  
*Enrich Your Life Through Journaling*

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*Like the sun, the year went down and new hopes rise up!"*

– RAHMA SINTA

## Reflections

We all have hopes and dreams. Sometime our hopes and dreams are leading the way in our daily lives, other times they can be buried deep within us, underneath the demands and responsibilities of daily life.

We are living amidst challenging times with the continued Covid pandemic, climate change crisis, and many other disruptive changes happening all around us it seems. Many of us are feeling the impact and stress of these intense times.

It might feel counter-intuitive to think about your hopes and dreams when there is so much heaviness and stress being felt by individuals and collectively in society.

***But this is the perfect time to energize and fuel your hopes and dreams!*** Putting attention on this part of your life is uplifting and it allows you to focus more of your energy on the things you can control and influence. This in and of itself helps you tap into your resilience. This can increase your positive feelings, well-being, motivation, and inspiration.

### **Your hopes and dreams matter!**

They are like the stardust of who you truly are and when you are in touch with your hopes and dreams, you are in touch with your own vitality, aliveness, and life purposes.

When you nurture your own hopes and dreams, that positive energy ripples out beyond you into your home, your relationships, and out into the world.



*It feels wonderful when you fly with hopes and dreams."*

– DEBASISH MRIDHA

## Why journal your hopes and dreams?

There are many ways you can tap into your hopes and dreams, one of my favourite tools for exploring hopes and dreams is through journaling. When you write down what you hope for, what you dream of, this can energize you and inspire you to take action towards what matters most to you.

When you write down your hopes and dreams, they become more concrete. You can discover new hopes and dreams you didn't know you have. You uncover these inner truths through the writing itself.

Through journaling, your own desires are given back to you, reflected on the page, so they can truly touch your heart and inspire you from within!

## The New Year is a perfect time to declare your hopes and dreams for 2022!

*“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.”*

~ EDITH LOVEJOY PIERCE

We all know the power of intention setting, goals, and having a clear vision in our lives at any time of the year. The beginning of the new year wraps fresh energy and new possibilities all around you. It is like a refresh button gets hit and we can start anew with our efforts, we can plant dream seeds into the garden of our lives.

The following pages are filled with journaling prompts and space to explore YOUR Hopes and Dreams for this New Year before you....

*“Without goals, and plans to reach them, you are like a ship that has set sail with no destination.”*

~ FITZHUGH DODSON

## Reflect Back

When you look back on your life... what hopes and dreams have you already manifested? These can be small or large, just write about the first things that come to your mind and heart as you think back.

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Why did these dreams matter to you?

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What actions did you have to take to make these dreams come true?

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Who helped you accomplish them or who supported you along the way to your dreams?

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# Your Hopes & Dreams for 2022

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are you not to be?”

– MARIANNE WILLIAMSON

As you stand on the threshold of this New Year, what matters most to you?

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Where do you want to put your attention, energy, and focus?

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Walk around the whole of your life... what hopes and dreams do you have for this next year?

- For your health \_\_\_\_\_
- Your relationships \_\_\_\_\_
- Your personal growth \_\_\_\_\_
- Your finances \_\_\_\_\_
- Your career/work in the world \_\_\_\_\_
- Your creative self-expression \_\_\_\_\_
- Any other part of your life \_\_\_\_\_

What will bring you...

- Peace of mind \_\_\_\_\_
- Happiness \_\_\_\_\_
- Deep feelings of well-being \_\_\_\_\_
- Joy \_\_\_\_\_
- Love \_\_\_\_\_
- Fulfilment \_\_\_\_\_

**Fill this space with words that reflect how you want to feel this year...**

**What is your theme word for 2022? Write it in BIG letters below...**

## JUST ONE THING

If you could manifest just one of your hopes and dreams for this year, what would it be?

## IMAGINE...

Imagine it is December 31st, 2022.... you have reached your goals this year, you have nourished your hopes and dreams, you are looking back at this past year and you feel great!

You are so happy and delighted with this past year. You have met the ups and downs of life in ways you feel good about.

You have taken inspired action in important areas and you have trusted the abundance of the universe to support you with the rest.

- What is different?
- What do you *not* want to regret from this past year?
- What have you accomplished?
- What have you let go of?
- What have you learned?
- What are you proud of?
- What do you want to celebrate?
- What new dreams are calling you forth now?



*We all have the power to make little choices that can change the course of our lives forever.*

– OSCAR AULIQ-ICE

*Trust Yourself.  
Listen to Your Desires.  
Tap Into Your Inner Wisdom.  
Journal Your Hopes & Dreams Into Reality!*

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## **BONUS GIFT**

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On the following pages you will find some printable Journaling & Colouring Pages you can use in the days and months ahead to help you make 2022 your BEST YEAR EVER!

Write from the heart, Lynda

Lynda Monk  
Director, IAJW.org



















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**Lynda Monk, MSW, RSW, CPCC**, is the Director of The International Association of Journal Writing. She is the co-editor of *Transformational Journaling for Coaches, Therapists and Clients: A Complete Guide to the Benefits of Personal Writing* (Routledge, 2021) and the co-author of *Writing Alone Together: Journalling in a Circle of Women for Creativity, Compassion & Connection*. Lynda developed Life Source Writing, a reflective journaling method for personal growth, self-care, creativity and wellness. She regularly speaks and teaches about the healing and transformational power of writing.

