

FREE GIFT
from the IAJW.org

Year End Review Journal

2021



IAJW.ORG INTERNATIONAL ASSOCIATION FOR
JOURNAL WRITING
Enrich Your Life Through Journaling

List your greatest successes, accomplishments, and points of pride from this past year...

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REFLECT ON YOUR SUCCESSES AND
PINPOINT THREE REASONS BEHIND THEM.

Who helped or supported you this past year?

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What learning did you do?

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In what ways did you stretch yourself? Or show up for your priorities?

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CAN YOU THINK OF A MISTAKE, PROBLEM OR FLOP THAT YOU EXPERIENCED THIS PAST YEAR?

What did you learn from it?

How can you avoid repeating it next year?

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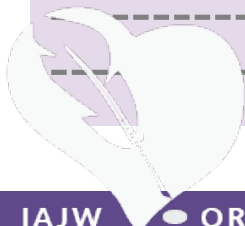
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IN WHAT WAY DID YOU TAKE A RISK IN YOUR LIFE or CAREER or BUSINESS? DID IT PAY OFF? IF THINGS DIDN'T TURN OUT AS PLANNED, WHAT DID YOU LEARN FROM THE EXPERIENCE?



A large rectangular area with a light purple background, containing numerous horizontal dashed lines for writing.



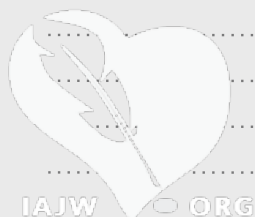
How would you like to stretch yourself next year?
What decisions feel important to make?



A large rectangular area with horizontal dotted lines for writing.



WHAT SPECIFIC SKILLS OR MINDSETS SUPPORT YOU TO LIVE YOUR BEST LIFE? HOW DID YOU USE THEM THIS PAST YEAR OR HOW DO YOU PLAN TO PUT THEM INTO PRACTICE FOR NEXT YEAR?



DO YOU HAVE ANY LOOSE ENDS OR UNFINISHED BUSINESS YOU WANT TO TAKE CARE OF BY YEAR'S END? HOW CAN YOU TAKE CARE OF THESE THINGS IN ORDER TO START THE YEAR OFF ON STRONG FOOTING?



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NAME _____
3 WORDS THAT BEST
SUM UP THIS PAST YEAR.
HOW DOES
EACH MAKE YOU FEEL?
NOW LIST 3
NEW WORDS THAT CAPTURE
WHAT YOU WANT MOST
FOR YOUR NEXT YEAR.

WHAT
RESOURCES (TIME,
MONEY, ENERGY, EMOTIONS)
DID YOU USE MOST WISELY
THIS YEAR? HOW WOULD YOU
LIKE TO USE THESE RESOURCES
NEXT YEAR.

BRAINSTORM HERE...

WHAT DID YOU LEARN ABOUT YOURSELF THIS YEAR? IN WHAT WAY CAN THIS NEW SELF-AWARENESS HELP YOU IN THE FUTURE?

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

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HOW DO YOU FEEL
ABOUT THIS PARTICULAR
SUCCESS?

HOW CAN YOU USE
THESE FEELINGS TO
HELP YOU CREATE A SIMILARLY
LIFE-CHANGING GOAL
FOR NEXT YEAR?



WHAT WAS THE
MOST FUN YOU HAD
THIS YEAR?

IN WHAT WAYS
CAN YOU BUILD MORE
EXPERIENCES LIKE THIS INTO
YOUR LIFE FOR NEXT
YEAR?



DO YOU HAVE ANYTHING YOU
WISH WENT DIFFERENTLY THIS
PAST YEAR?

CAN YOU RESOLVE IT? IF NOT, HOW DO
YOU THINK YOU CAN AVOID SUCH FEELINGS
OF REGRET IN THE COMING YEAR?



What do you most want to remember or celebrate from this past year?

What do you want to release or let go of and not take forward into this next year?

USE THIS INSIGHT TO GUIDE THE WAYS IN WHICH YOU
WANT TO LIVE NEXT YEAR!

YOUR HABITS

DID YOU DEVELOP A NEW, POSITIVE HABIT
THIS YEAR THAT YOU'D LIKE TO KEEP?

WHAT'S YOUR WORST HABIT FROM
THIS YEAR THAT YOU PLAN TO RELEASE
IN THE FUTURE?

HOW WILL YOU MAKE THAT HAPPEN?



NAME SOME
WAYS IN WHICH YOU FEEL YOU'VE GROWN THIS YEAR.
SPIRITUALLY, EMOTIONALLY, RELATIONSHIP-WISE, ETC.
HOW CAN YOU CONTINUE OR IMPROVE SUCH GROWTH?





**WHO HAD THE BIGGEST IMPACT OR PLAYED THE MOST
IMPORTANT ROLE IN YOUR PERSONAL LIFE IN 2021? HOW
WOULD YOU LIKE TO STRENGTHEN YOUR INTERPERSONAL
CONNECTIONS IN THE UPCOMING YEAR?**



IN WHAT WAYS DID YOU PRACTICE SELF-CARE THIS YEAR? THE CONCEPT OF SELF-CARE INVOLVES CARING FOR YOURSELF PHYSICALLY, EMOTIONALLY, SPIRITUALLY AND MENTALLY. DO YOU FEEL YOU TOOK ADEQUATE TIME IN MEETING YOUR OWN PERSONAL NEEDS THIS PAST YEAR? HOW CAN YOU CONTINUE ON THAT PATH OR IMPROVE IT FOR NEXT YEAR?



Your Self-Care Matters. YOU Matter!

IF YOU COULD CHANGE JUST ONE THING ABOUT THIS PAST YEAR,
WHAT WOULD IT BE? USE THIS KNOWLEDGE AS A FOUNDATION IN
CRAFTING YOUR GOALS & DESIRES FOR NEXT YEAR.



A series of horizontal dotted lines for writing, spanning the width of the page.

WHAT do you most
want to
BE, DO, HAVE and
EXPERIENCE in
2022?





IAJW.ORG INTERNATIONAL ASSOCIATION FOR
JOURNAL WRITING
Enrich Your Life Through Journaling

The International Association for Journal Writing (IAJW.org) is an inspiration, learning and membership community for journal writers worldwide. We offer online courses, retreats, coaching programs, journaling tools, writing circles, resources and more to support your unique journal writing journey.

We help you enrich and transform your life through journaling.

Learn more about the IAJW

To learn more about the healing and transformational power of journaling please visit our website at <http://iajw.org>

Visit Our Website



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JOURNAL WRITING
Enrich Your Life Through Journaling

IAJW JOURNAL WRITING COMMUNITY
Where Journal Writers Connect

Join our IAJW Journal Writing Community Facebook Group for ongoing inspiration & connection.

Join Our Journaling FB Group

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, Counsellors 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.

