

A Year End Message of Care & Hope

2022 End-of-Year Reflection Journal

Gift from Lynda Monk, MSW, RSW, CPCC

Director, International Association for Journal Writing, IAJW.org



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JOURNAL WRITING
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Today I am grateful for

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“A new year can begin only because
the old year ends.” ~ MADELEINE L'ENGLE

The end-of-year is a perfect time to pause and take some time to reflect on the previous twelve months. The act of self-reflection brings us into a contemplative energy where we can learn, celebrate and grow.

Each year of life has the potential to bring with it a vast weaving of triumphs, joys, challenges, losses, things we hoped for, and things we couldn't see coming. Maybe you live in a way where you set goals each year and work towards them. Maybe you live life less by design and more by seeing where life takes you. Either way, you have just been blessed with another year of life to celebrate and reflect on. That is worth pausing for and appreciating, no matter the circumstances the last year has brought your way.

The end-of-year can be an emotional time as we look back and dream forward. We might have dealt with a lot of stress or losses this past year. We might have had some of our best moments ever. We might feel proud of goals we have accomplished or feel some sadness that we abandoned some of our best intentions along the way. We might just be feeling the passing of time in our lives.

It is a good time to be gentle with yourself. To simply be with what is. To pause, to reflect, to write. To be still and mindful in the moment. To rest in the power of now while looking back over this past year.

We are living in changing and complex times. We are all learning and growing and deciding who we are and who we want to be as we navigate a tumultuous world that is at once filled with uncertainty, stress and fear along with abundance, beauty, opportunities and blessings. This is a time to pause, reflect and live the very best we can amidst the circumstances we are being given – individually and collectively.

Hope and optimism are the bedrock of our resilience and well-being. May your journaling practice and self-reflection bring you comfort, calm, joy and peace as you bring this year to completion with intention and care.

Here's to honouring the past year and to dreaming forward into the new year before us. Anything is possible!

“The very least you can do in your life is figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.” – BARBARA KINGSOLVER

End-of-Year Reflective Journaling Prompts

What were your top 3 biggest highlights of the year?

What is something new you are glad you tried?

What are some setbacks you had this year?

List your 5 best moments of the year.

List your 5 most challenging moments of the year.

What is the biggest lesson you learned?

What are some mistakes you made this year?

How did you grow this year?

In what ways are you a better person now?

What progress did you make on your goals?

How are your goals changing for next year?

When did you feel the most fulfilled this year?

How did you get out of your comfort zone?

What is something you wish you did this year?

List the shows and movies you loved.

What were your favourite books this year?

What are you most proud of yourself for?

Did you meet any interesting people?

List some new experiences you had this year.?

How was your mental health this year?

What new activities did you try?

What are some of the most memorable moments?

What changes do you want to make next year?

How did you practice self-care?

What was the funniest moment?

What was the most embarrassing moment?

What was the scariest moment?

What was your biggest achievement this year?

How did you improve your health and wellness?

What is one thing you would change about this past year if you could?

What is one thing that you would not change about this past year?

List what you are grateful for this year.

“In the New Year, never forget to thank your past years because they enabled you to reach today! Without the stairs of the past, you cannot arrive at the future!” ~ MEHMET MURAT ILDAN



As you look ahead to 2023...

What is something you want to release or let go of and not bring forward into the new year?

What are you most excited about?

What goals do you have?

How do you want to feel in 2023?

What will help you feel that way?

“If you wrote a book for each day of the year that has past. And then reread it on New Year's eve, what things would you change, what things would you cherish. Take the things that are cherished and vow to focus more on that in the coming New Year.” ~ THEODORE W. HIGGINSWORTH

Imagine it is December 31st, 2023, what do you want to be celebrating at that time?

What will you be looking back on from the past year?

Remember, in the great words of Rumi...

“What You Seek is Seeking You”

Here's to making it a meaningful year ahead

filled with what matters most to you!

~ LYNDA MONK