

30 JOURNAL PROMPTS

for the Orthodox New
Year Goals



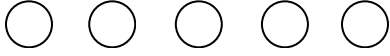
*This Journal
Belongs to:*

Daily Journal

Title: _____

Date: _____

Mood/Emotion Tracker



VERY SAD



VERY HAPPY

Things that I am grateful for:

My Goals and Intention:

Reflections:

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

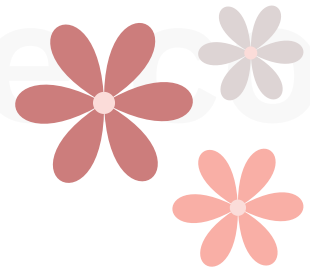
What I accomplished today

Date: _____

What is a spiritual or personal goal you feel called to pursue this year?

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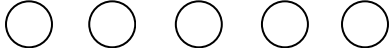
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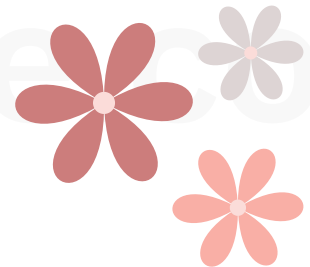
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Why is this goal meaningful to you at this time in your life?

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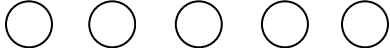
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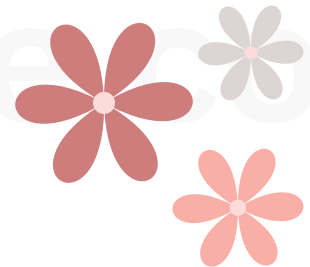
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How does this goal align with your values or beliefs?

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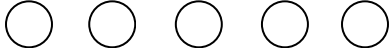


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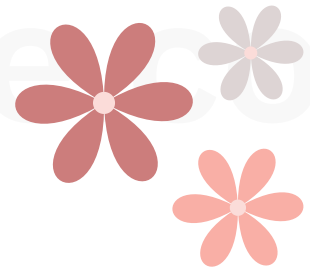
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What specific outcomes would you like to achieve with this goal?

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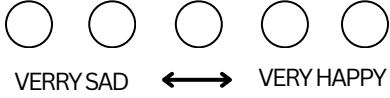


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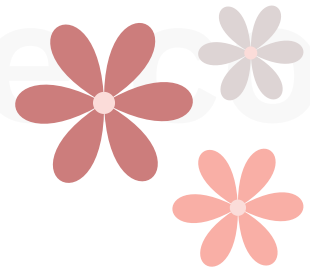
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What are some smaller milestones that will lead to the completion of this goal?

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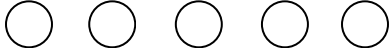


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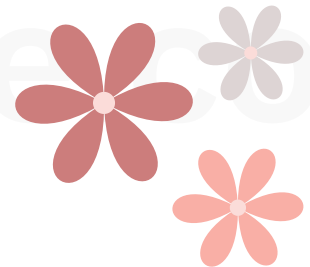
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What inspired you to set this particular goal?

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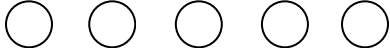
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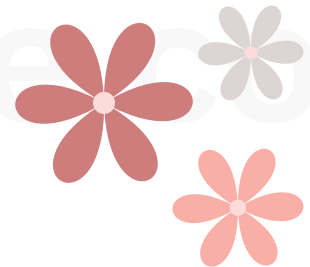
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How will achieving this goal positively impact your life?

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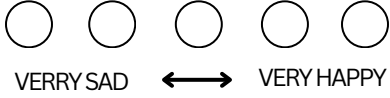
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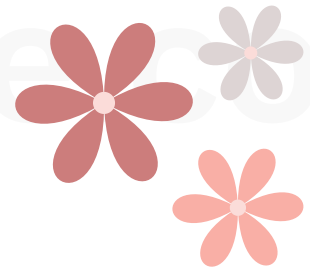
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Who or what motivates you to stay committed to this goal?

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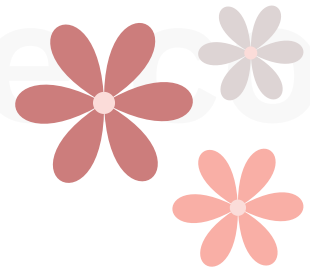
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How does this goal reflect your spiritual or personal growth journey?

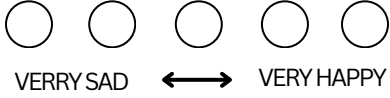
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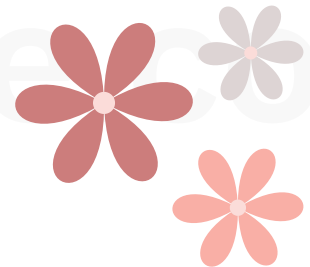
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How will achieving this goal help you serve others or make a difference?

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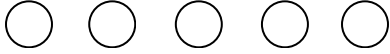
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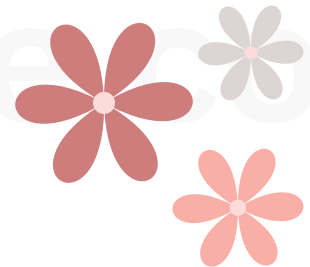
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What resources, skills, or knowledge will you need to achieve this goal?

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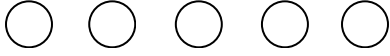
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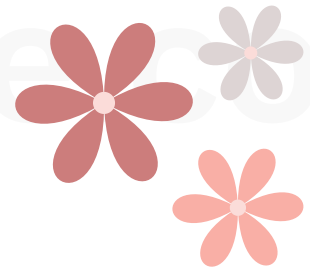
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Who can support or guide you in achieving this goal?

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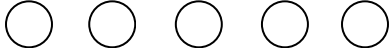


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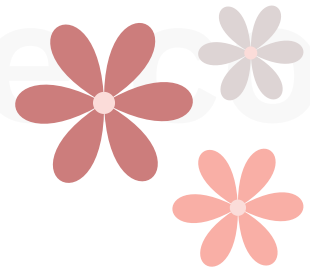
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What steps will you take to stay disciplined and focused?

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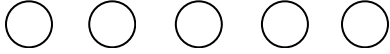
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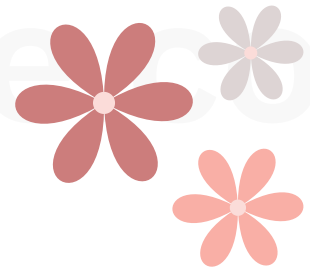
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What obstacles might you encounter, and how will you overcome them?

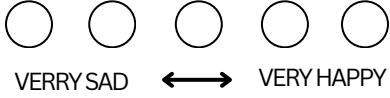
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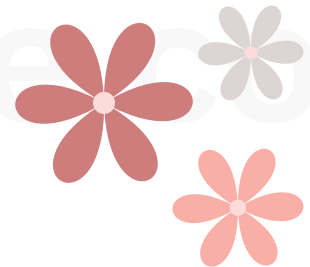
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How can you break this goal into manageable actions?

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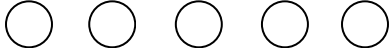
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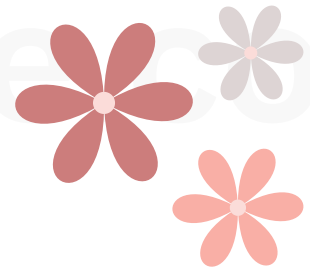
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What personal strengths will help you achieve this goal?

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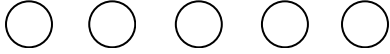
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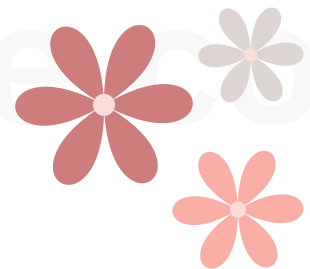
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What habits or attitudes might hold you back from achieving this goal?

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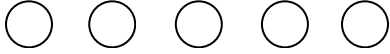


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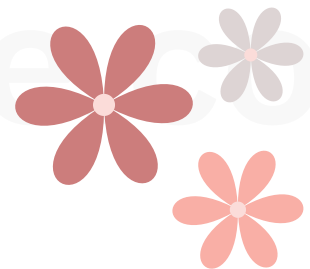
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How can you cultivate patience and resilience in your journey?

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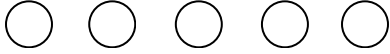
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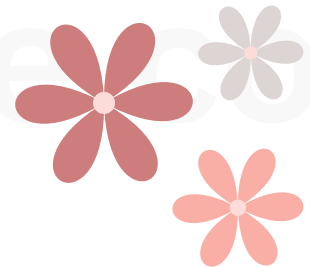
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What past experiences have prepared you for pursuing this goal?

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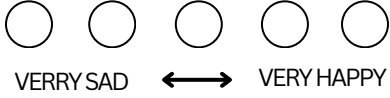


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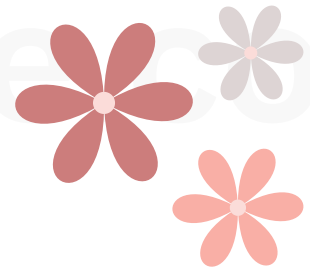
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How will you adapt if things don't go as planned?

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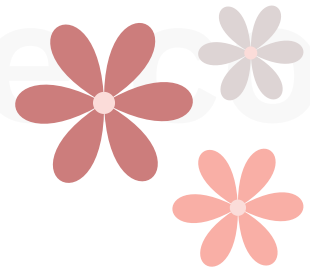
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How will you remind yourself of your “why” during challenging times?

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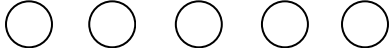
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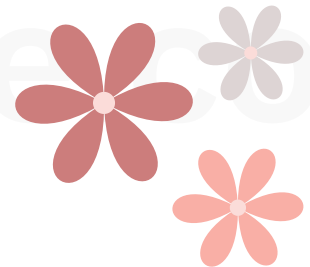
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What spiritual practices (prayer, meditation, journaling) will help you stay aligned with your goal?

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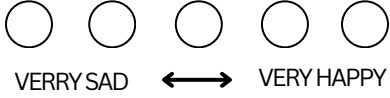


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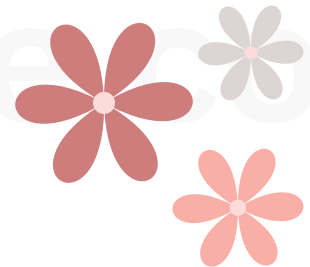
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How will you celebrate small victories along the way?

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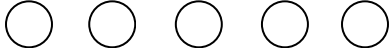


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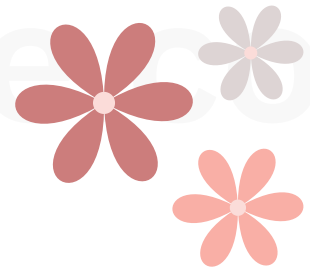
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What affirmations or mantras can you use to stay positive and motivated?

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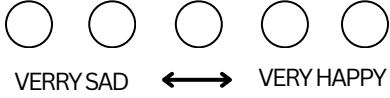
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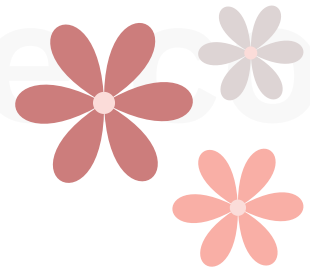
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How will you track your progress throughout the year?

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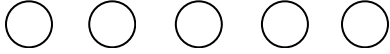
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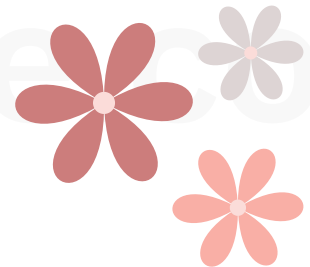
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How will achieving this goal contribute to your overall purpose in life?

[illegible]

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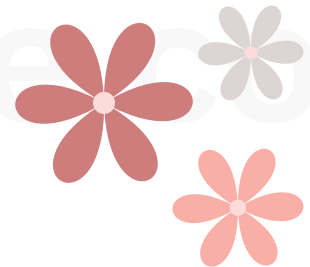
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What legacy or example do you hope to set by achieving this goal?

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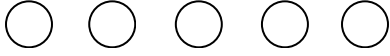
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Reflections:

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

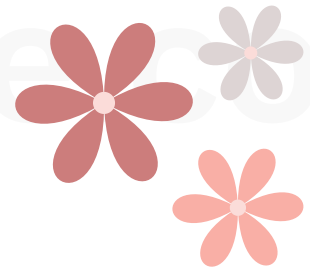
What I accomplished today

Date: _____

How will pursuing this goal strengthen your relationship with God or deepen your spiritual practice?

www.liftedme.com





Daily Journal

Title: _____

Date: _____

Mood/Emotion Tracker



VERRY SAD



VERY HAPPY

Things that I am grateful for:

My Goals and Intention:

Reflections:

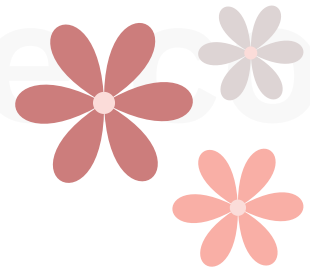
Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

What I accomplished today

Date: _____

How might achieving this goal change the way you see yourself or the world?

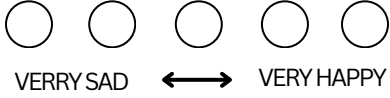
[illegible]

Daily Journal

Title: _____

Date: _____

Mood/Emotion Tracker



Things that I am grateful for:

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Reflections:

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

What I accomplished today

Date: _____

When you look back a year from now, what do you hope to feel about your journey toward this goal?

[illegible]