

# JOURNALING

2022



# WORKBOOK

HIDDEN LOTUS YOGA

# JOURNALING PROMPTS

What title would you give to sum up this past year?

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What was your favourite memory of 2022? go into detail...

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What was your biggest challenge/s this year?

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# JOURNALING PROMPTS

What did it teach you about you, the world, and life? How many positives can you find?

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what habits and behaviors kept you back from living your life to the fullest and most aligned self this year?

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Write down 3 dream outcomes you would like to achieve this year - work, family, friends, self, hobbies, travel, house etc

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# JOURNALING PROMPTS

Write down the habits and actions to start working towards those goals - what is your first baby step for each?

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Imagine yourself on New Years Eve 2023 - what was the one thing you achieved this year that you are most proud of? Envision it and feel into the energy of it

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Write down 10 words to describe how you want to feel and the energy you want to bring into 2023 and pick one - this is your motivation for the year and your 'why' to come back to when deciding on what to allow in.

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