Closing this Chapter, and Starting a New One

*Below are a list of journaling prompts you can answer to reflect on your past year and close this chapter.*

| How has my life improved this year? How have I changed? |
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| What was my biggest challenge this year and what did I learn from it? |
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| What boundaries did I place this year? |
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| What goals did I reach this year? |
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| Did I make time for my hobbies and myself the way I would like? |
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| What was my mindset like this year? Am I happy with it? |
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| What are you most grateful for this year? |
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| What am I most proud of from this year? |
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*Reflecting on the end of this chapter allows you to embrace the start of a new chapter.*