



31 Days of Reflection

A New Year Journal

This journal is designed to empower, inspire, and guide you through reflection.
Take your time and reflect deeply.

Day 1

Reflect on one moment from this year that made you feel proud
What about it brought you joy or confidence?

Reflection Space:

Day 2

What does the word 'abundance' mean to you?

How do you want to welcome abundance in your life next year?

Reflection Space:

Day 3

Write about a challenge you overcame this year
What did you learn about yourself?

Reflection Space:

Day 4

What habits or mindsets are you leaving behind this year? Why?

Reflection Space:

Day 5

Create a vision of your ideal self

How does she look, feel, and move through the world?

Reflection Space:

Day 6

List five things you love about yourself right now

How can you honor these qualities in the coming year?

Reflection Space:

Day 7

What does 'rest' look like for you? How can you incorporate more of it into your life?

Reflection Space:

Day 8

Who or what brought you peace this year? How can you cultivate more peace in the year ahead?

Reflection Space:

Day 9

What's one boundary you'd like to strengthen in the new year? Why is it important?

Reflection Space:

Day 10

List three affirmations that you want to carry into the next year

Why did you choose these?

Reflection Space:

Day 11

Reflect on your spiritual growth

How have you connected with yourself or a higher power this year?

Reflection Space:

Day 12

Write about your relationship with your hair

How has it been a source of power or self-expression for you?

Reflection Space:

Day 13

What does success mean to you? What steps can you take to feel successful next year?

Reflection Space:

Day 14

Reflect on your friendships

Who inspires you, supports you, or helps you grow? How can you nurture these connections?

Reflection Space:

Day 15

What's one way you can celebrate your culture or heritage in the new year?

Reflection Space:

Day 16

Write about a fear or insecurity that no longer serves you
What will replace it in the coming year?

Reflection Space:

Day 17

What's a new skill or hobby you'd like to explore next year? Why?

Reflection Space:

Day 18

How have you shown love to yourself this year? How can you deepen your self-love next year?

Reflection Space:

Day 19

What does financial freedom mean to you? What's one step you can take toward it?

Reflection Space:

Day 20

Write a letter to your future self about the woman you're becoming.

Reflection Space:

Day 21

What is one way you can give back to your community?
Or uplift other Black women in the coming year?

Reflection Space:

Day 22

Reflect on your health-mind, body, and soul
What can you do to feel more balanced?

Reflection Space:

Day 23

What's a mantra or quote that resonated with you this year? Why did it stand out?

Reflection Space:

Day 24

What does your dream home or sanctuary feel like?

How can you create that energy in your current space?

Reflection Space:

Day 25

Write about a book, song, or piece of art that inspired you this year
How did it make you feel?

Reflection Space:

Day 26

What's a goal you've been putting off? How can you take the first step in the new year?

Reflection Space:

Day 27

Reflect on your relationship with your body
How can you embrace it more fully next year?

Reflection Space:

Day 28

Who are the women in your life (past or present) who inspire you?
What lessons have you learned from them?

Reflection Space:

Day 29

Write about a time you felt the most authentically you this year
How can you bring more of that energy into next year?

Reflection Space:

Day 30

Imagine yourself at the end of next year

What achievements or experiences will you be celebrating?

Reflection Space:

Day 31

Write your personal theme or word for the new year
How will it guide your decisions and mindset?

Reflection Space: