



# 19 JOURNALING PROMPTS

*To create your biggest breakthrough yet!*

MANIFESTATION BABE  
*by Kathrin Zenkner*

# HELLO GORGEOUS SOUL!

YOU DID IT! By taking action and downloading these thought-provoking journal prompts, you're officially on track to creating your BIGGEST breakthrough year yet! Journaling has always been, and still is, my tried and true method to getting crystal clear on what I want and actually creating a plan that will give me the RESULTS I've been dreaming of. These empowering questions are not just a way to set goals, they're a way to build a blueprint that is going to design the most aligned year of your life!

As you go through these journaling prompts, you'll notice the first few questions ask you to reflect on the year that just passed. I want you to take an honest look at what this past year looked like so you can go into the new year knowing where you want to make changes and what you want to repeat as you move through your life. The rest of the journaling prompts are designed to help you make this current year your best year yet :)

That being said, are you ready to create your biggest breakthrough year?!

Find a quiet space with no distractions, grab a journal, light some candles, play some high-vibe music, and create the most aligned year of your life :)



Join the Manifestation Babes Facebook group at  
[FACEBOOK.COM/GROUPS/MANIFESTATIONBABESGROUP](https://www.facebook.com/groups/manifestationbabesgroup)

xoxo *Kathrin Jenkins*

# JOURNALING PROMPTS TO REFLECT ON THE LAST YEAR

- 1 What are you most proud of achieving last year?
- 2 How did you feel for the majority of this year?
- 3 If you could go back and change anything about this year, what would that change be?
- 4 Did you burn yourself out last year? Or did you feel like you didn't have as much drive to create what you initially intended on when the year began? Getting clear here will help you create an even more aligned year.
- 5 What was an area in which you experienced the most growth last year? How did you grow?
- 6 What was an area in which you felt the most challenged last year? Why did you feel challenged here?
- 7 Is there anything you need to let go of, release, or forgive from last year? If so, what is it, and how can you let go of it today?



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# JOURNALING PROMPTS TO MAKE THIS YEAR YOUR BIGGEST BREAKTHROUGH YEAR YET

- 1 Imagine a Genie magically appears in front of you granting you UNLIMITED wishes... what do you ask for?
- 2 What is it exactly that you want? If you don't know what you want yet, start backwards by listing what you don't want and then flip those into their opposites to reveal what you do want.
- 3 What are you here to create? For what purpose?
- 4 What will you gain when you reach your goals?
- 5 What will you lose if you do not take action on your dreams?
- 6 Where are you in relation to your goals right now? What do you need to do differently this year to see the results you desire?
- 7 Who do you need to be to accomplish your goals this year?
- 8 What do you know you have inside you (drive, tenacity, resourcefulness, creativity, commitment) to achieve your goals this year?
- 9 Do you know anyone (Google search) that has achieved the life you dream of? What characteristics do you think they have that made them successful? Take whatever resources you come up with and add them to your list of resources above.
- 10 How will you hold yourself accountable for your goals?

11 How will you feel, this time next year, when you've achieved all your goals?

12 How will you celebrate when you achieve your goals for this year?









