

JANUARY AFTER LOSS

JOURNAL PROMPTS

When the new year arrives before you're ready

A Gentle Note Before You Begin

January often arrives with noise—resolutions, expectations, and the pressure to feel “new.” If you’re carrying grief, change, or quiet exhaustion, this page is not asking you to fix anything. These prompts are not goals. They are invitations.

You don’t need to answer them all. You don’t need full sentences. You can write one word, pause halfway through, or simply sit with the question. Let this be a place where January meets you exactly as you are— tender, honest, unfinished, and still becoming.

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Grieve. Go. Grow

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1. What does January feel like in my body?
2. Which holiday memories are following me home?
3. What pressure word would I choose for this month?
4. What would one small go step be?
5. Where could I sit alone with a view?
6. What part of me doesn't need changing?
7. What dream survived my loss?
8. Who would I travel for in honor?
9. What does growth mean now?
10. What would I tell my past self about January?

