



Ep 32: New Year Reflections, Intentions & Word of the Year Journal Prompts

What raised your vibes / brought you the most joy last year?

Did you try any new activities or pursuits in the past year? How did that go?

What's something brave you did? When did you step out of your comfort zone and what happened when you did?

Did you expand your knowledge or understanding on any subjects? Reflect on any books / courses / workshops that broadened your perspective or enriched your life.

On the Project Me Life Wheel®, which life areas do you tend to score the highest each month? Why do you think that is and how does this make you feel?

Which life areas do you tend to score the lowest? Why do you think that is and how does this make you feel?

What did you learn about yourself through your challenges and from your wins?

What are some changes or positive habits and rituals that will serve you well in this new year ahead?

What are you holding onto physically / emotionally / energetically that is no longer needed or serving you? What clutter can you clear out? What can you release? How will that make you feel?

Which life area deserves greater attention or focus in the year ahead? Why?

Imagine this coming year and the things you hope to manifest into your reality and/or experience. Describe them below. #DreamBig



Thank you for listening to the Project Me Podcast!

If you liked this episode, I'd be grateful for a review in Apple Podcasts.

Subscribe in whatever app you use to listen to podcasts! Thank you for sharing with your friends.

Join my [Project WE membership club](#) to get the full digital version of the Design My Year Workbook, plus ongoing support and motivation throughout the entire year. I'll love to meet you there.

If you haven't got the free [Project Me Life Wheel®](#) head to www.myprojectme.com

[The Project Me book](#) is available on Amazon and all good book sellers.

Say hi and let me know what you think of the podcast:

Instagram @kellyprojectme

Facebook: Project Me - Kelly P

email hello@myprojectme.com

Until next time, open your mind, open your heart - and stay curious.

Positively yours,

Kelly x



Kelly Pietrangeli is the creator of Project Me, a global movement of women who are stepping out of auto-pilot and into higher levels of conscious living.

#ProjectMe