



RELEASE
2023 WELCOME
2024

Guided Prompt Journal Download

By: Melissa Pennel
author of the bestselling
Questions You'll Wish You Asked
journal series

Hi beauty,

Let's release 2023 with love and welcome a vibrant, powerful, and intentional 2024 through the power of writing.

Remember that done is better than perfect - writing has incredible benefits regardless of how grammatically correct, neat, or poetic. Get messy with the prompts on the following pages and trust that what comes through is exactly right.

If you'd like to do this journaling with support in community, I am holding a live journaling session online January 7th. You can sign up at FollowYourFireCoaching.com.

Then, if you'd like to let go of what's done and breathe these intentions into reality, by join me for virtual breathwork January 21st . [Find it here.](#)

**Believing in you,
Melissa Pennel
December 2023**



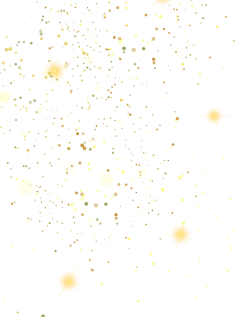
**Journal with us live on January 7th
by scanning here**



What were my highlights from this year? (Don't just try to remember - pull out your phone, set a ten minute timer, and scroll through the pictures of 2023: Where did you go? What did you do? Who were you with? The timer is to keep you on task - this prompt scroll shouldn't take you more than 15 minutes - it's a cursory search, not a rabbit hole dive!)

It can be helpful to think of these various life areas:

Family* Health* Spirituality* Career* Creativity* Finances
*Relationships (friendships, intimate relationships, community)



**Why were these my highlights? (What values were at play?
Family, health, creativity, etc?)**

**How can these highlights show me what to prioritize in
the coming year?**



**What am I most proud of myself for
doing/being/creating/learning this year?**

**What were my biggest challenges this past year? (Your former scroll
might help identify some of these too.)**

Picture yourself at the end of last year, 2022. That version of you is about to experience all that you just wrote about. If you could write your 2022 New Year's eve self a short note of advice, what would it say?

What am I ready to let go of, release, do less of, or stop doing this year?

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What am I welcoming in 2024? (Feelings, experiences, goals, both intrinsic and extrinsic.) Get big and dreamy here, or small and nourishing. Let love, hope, and trust lead.

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Step into your time machine: it's now the end of the coming year, 2024. You're reflecting on all that you did, learned, felt, experienced in the past year. How do you know that 2024 was a successful year? What feelings did you experience often? What or whom did you prioritize? Write a paragraph from that future version of you.

It can help to finish the sentences:

This year I felt...

This year I experienced...

This year I created...

I'm so proud of myself because 2024 was the year I...

Choose a word for 2024

Your word of the year is a one word mantra that serves to anchor you in the coming twelve months. How to choose it? Look at the things you are welcoming in the coming year, and the letter you just wrote from your future self - see what words stand out. Then begin writing all of them below - almost like you're coming up with a personal brand for 2024. You are!

What words, feelings, or visions come to mind?

Some examples: Power, Trust, Ease, Creativity, Love, Fierce, Connected, Abundance, Flow, etc. After you've got your list, circle a few that stand out the most. Then narrow it down to a one or two word mantra...and write that in the box below.

My word for 2024:

Consider writing it on your monthly calendar, your bathroom mirror, your fridge - putting it somewhere you'll see often.

Dear writer,

This type of reflection, understanding, and intention setting is exactly the foundation needed to seed a nourishing and beautiful 2024.

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There's another step to till this soil and prepare your words to take root: go beneath your beautiful brain and connect to your body that doesn't speak in words. One path to this is breathwork, and I'm leading a virtual ceremony on January 21st, 2024.

Breathwork is a bridge between your mind and your body. It allows release of old stored pain, stuck stories, and unconscious stress that can keep you doing the same things over and over, even when you're ready to change.

It also brings you to a wise and whole place where you can embody the power and presence you most want for 2024.

Whether you've never heard of breathwork or you're a long-time practitioner, join us at virtual breathwork on January 21st from 10-11:30am PST.

Let's welcome the whole-hearted abundance and joy you desire in 2024.

[Sign up here](#) or by scanning the QR code.



Always cheering you on,
Melissa Pennel