

Journal Prompts

TMS is inviting you to take inventory of your personal development and wellness!

We've compiled a series of prompts as a guide to invigorate your growth this year. Feel free to save this worksheet to explore on your own or with your community.

01. TMS defines values as a person's principles, standards or beliefs that guide their behavior. What are your **top 5 values**? How have your **values evolved** since last year?
02. Consider the **worldview** of someone you admire. List the ways you can put this into **your everyday practices**.
03. Which **mindsets** would you like to leave in 2022? Which new ones would you like to **adopt for 2023**?
04. Are there any **habits/behaviors** you want to **analyze and strengthen**? Let go of?
05. How are you **investing in your growth** in 2023?
06. Name three things you **love about yourself**.
07. Is there a **conversation** with someone in your life worth **revisiting**? How can you look at it with a **renewed perspective**?
08. Create a **bucket list** of things you want to do in 2023 and the **people** you'd like to do them with.