New Year
New Joy

Healing from Hidden Abuse®
New Year New Joy
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For the human flowers growing through the
cracks in the concrete of life.

A new year brings with it the natural rhythm of desiring to pause and reflect. In this new year, we can slow down for quiet moments, look gently at where our life has been, and with intention, create a plan for how we choose to move forward.

This reflective work is not about chasing perfection or living a fake "billboard life." We can let go of those former expectations and burdens. Instead, we can embrace this new season to implement a reset.

Together, we will create a space for you to find and hear your own voice among the noise, realign with what matters most to you, and nurture the parts of you that may have been overlooked and under-nurtured.

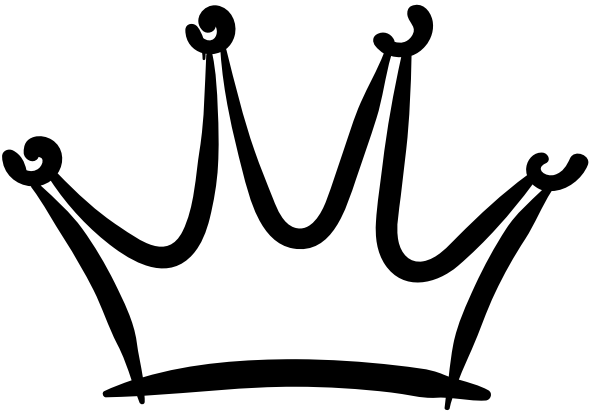
This journal is designed as a guide for that process. It is about finding your own voice and thoughts, not being told what to think or feel. It's your opportunity to learn from the wisdom that lives within you.

Over the next 30 days, together we'll work through prompts that invite self-reflection and honest clarity. On some days, I will ask you to look at truths you may want to change, and other days I will guide you in recognizing your resilience and the progress you've already made.

You don't need to have all the answers as you begin. Those gems of wisdom will be revealed as you journey through each day of writing. What matters most is showing up with intentionality for yourself. Take your time. Sit with the questions. Let them meet you where you are each day and reflect on what you've learned from your lived experiences.

My hope for you is this new year will be one of confident authenticity and new levels of joy.

Shannon 



1/30

One thing I want to leave behind in last year is...

Identify a life routine, self-defeating behavior, a negative intrusive thought, or even a relationship.

How did this negatively impact my life last year?

How will leaving this behind improve my quality of life?

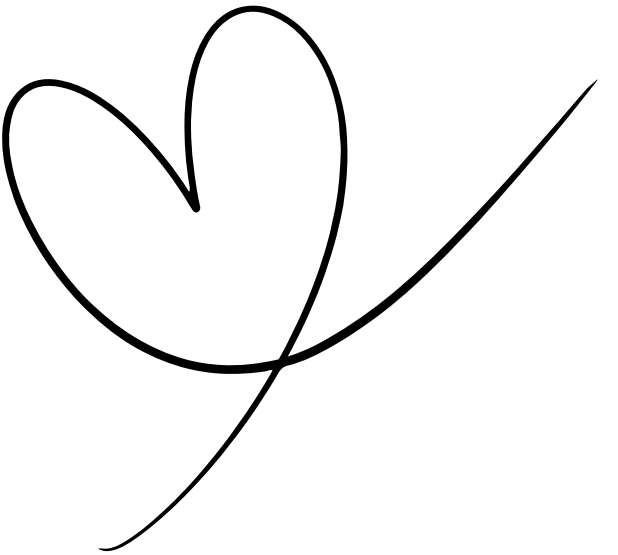
What are two action items I can take to be intentional about leaving this behind?

Action Step One

Action Step Two

Reflections

Thoughts...



2/30

Where in my life do I need a reset (either partial or complete)?

Reflect on the areas of life that are not as vibrant as you would like, perhaps takes up space with no purpose, consistently steals your joy, or could improve with an intentional reset.

Name a few ways this reset would help bring more enjoyment to your life?

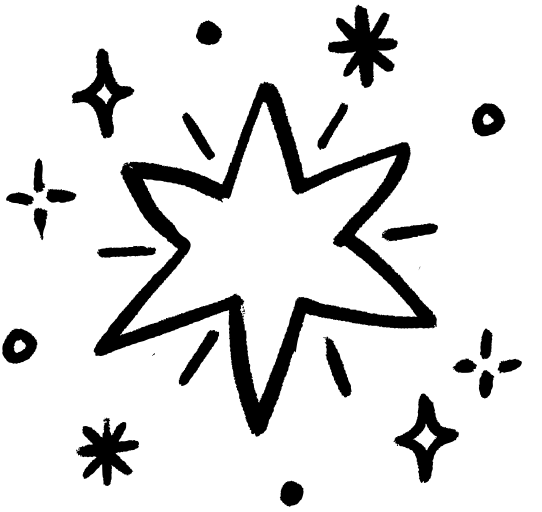
Identify something you must overcome to create this reset.

Write down two statements to help your future self remember to be intentional about creating a reset this year.

Future-Self, remember you want a reset in this area of life because…

Future-Self, you will allow yourself to enjoy the benefits of this reset by…

Thoughts...



Last year, the inner core value I lived by and am most proud of is my...

Consider values such as authenticity, self-respect, empathy, resilience, discipline, loyalty, gratitude, etc.

What gave you courage to live out this core value?

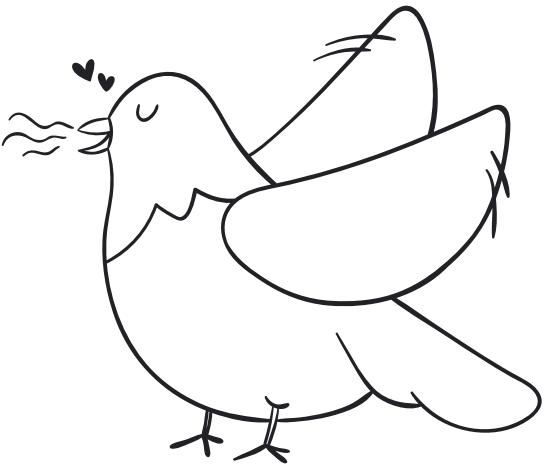
What made it difficult for you to live in harmony with your core values?

What is a core value you would like to express more this year?

What is a value I want to cultivate more in this new year?

How could this new core value improve my quality of life?

Thoughts...



4/30

Last year, when did I feel most fulfilled and content with my life?

Explore single moments in time when you felt a rush of hope, peace within your spirit, or at rest in your body.

What specifically was happening (or not happening) in these moments?

What would help me experience more moments of contentment in my life?

Thoughts...



5/30

What part of me deserves more attention and care this year?

Consider areas that have been neglected due to life circumstances or other limitations.

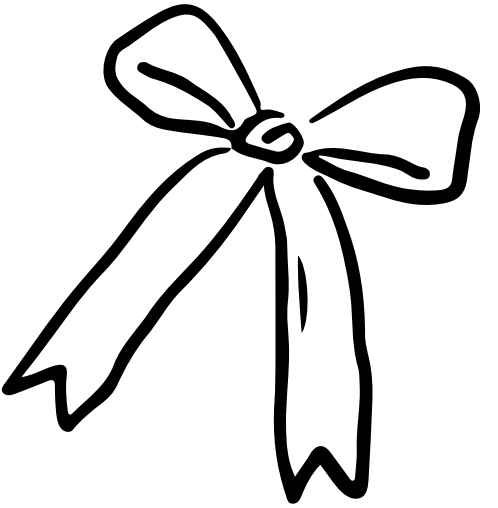
How will giving this area more intentional focus help improve my quality of life?

Write down two statements to help your future self remember why you are making this a priority in your life.

Future-Self, remember you want to make these changes because…

Future-Self, you can give yourself permission to focus on your own well-being because…

Thoughts...



6/30

Last year, when did I have to face and handle the feeling of disappointment?

Reflect on the moments where disappointment entered your life last year.

What did I learn about myself through facing this disappointment?

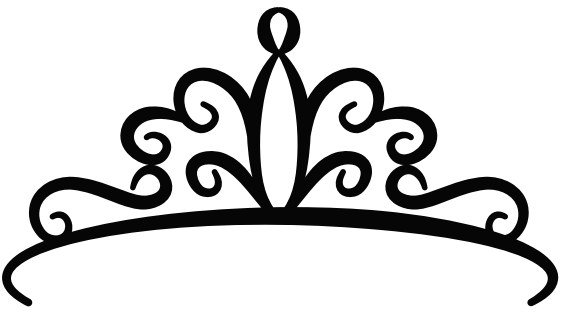
What are two actions I can take to be gentle with myself when faced with disappointment?

Action Step One

Action Step Two

Reflections

Thoughts...



7/30

What inner strength did I recognize about myself last year?

Reflect on life situations that required you to use your voice, set a boundary, or some other show of inner resolve.

I was pleasantly surprised I used this strength because...

How can I take this awareness of my strengths into the new year and let it serve me in positive ways?

Thoughts...



8/30

What is a difficult truth I learned about myself last year?

Gently recall moments where you noticed your own pattern of thoughts or behaviors that don't serve your life goals or align with your values.

How can recognizing this truth about yourself help lead to healthy changes?

Write down encouraging statements to say to yourself about this area of personal growth.

I am proud of myself for noticing this area of growth because …

One way I can grow in this area is by…

Thoughts...



9/30

Last year, when did I feel discouraged about the quality of my life?

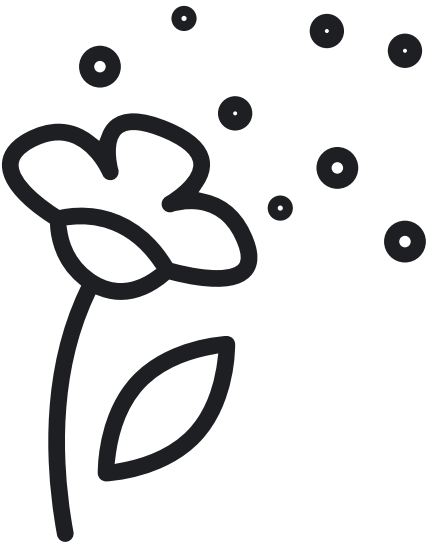
Reflect on moments last year when you perhaps experienced feeling let down by other people, things you wanted not working out as you had envisioned, feeling alone, etc.

How did I care for myself during these moments of life discouragement?

How could I have taken better care of myself?

What is something I can do to be equipped when faced with discouraging feelings that may arise this year?

Thoughts...



10/30

Overall, did I respond to life from a place of courage or fear last year?

Consider the big picture of choices from last year and what was the main driving force behind your choices.

What facts do you look to when deciding whether courage or fear shaped your choices?

Write down two statements to help your future self remember that you can decide whether courage or fear drives your life direction.

Future-Self, remember you can live courageously because…

Future-Self, you can give yourself permission to feel fear and, yet, still move forward by…

Thoughts...



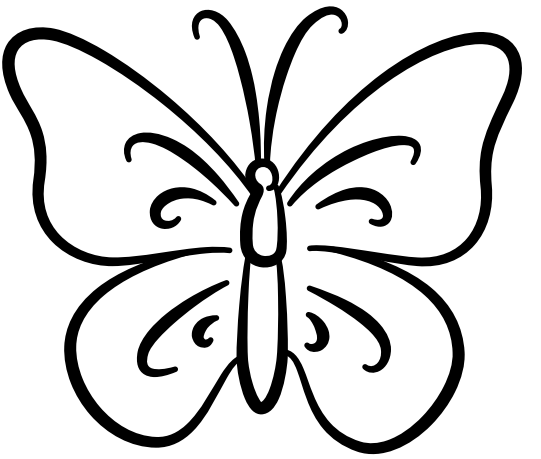
11/30

Last year, did I live my life in imperfect authenticity or did I lean toward "billboard living"?

Reflect on ways you expressed yourself in honest imperfection or felt the need to engage in performative living.

What would need to change in my life to feel comfortable living in imperfect authenticity?

Thoughts...



12/30

How can setting and holding boundaries help me create more peace in my life?

Boundaries are what we will, or will not, do. They are not about trying to change other people's behaviors.

Explore ways that giving in to the demands of others robbed you of joy last year.

Write one sentence and two action steps to encourage yourself to feel more confident when setting and holding boundaries this year.

Action Step One

Action Step Two

Thoughts...



13/30

In the new year, what would help me communicate with more clarity and confidence?

Feeling confident to speak up includes both our inner dialogue but also the quality of the people in our lives.

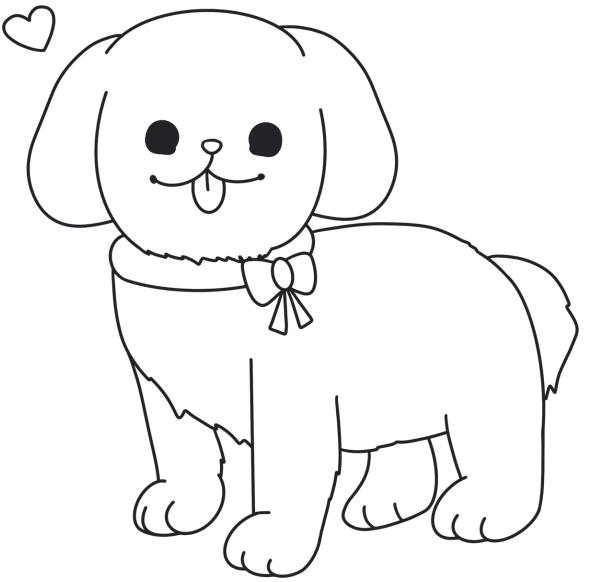
Do the people in my life encourage me to share my opinion or want to silence my voice?

Write down two statements to help your future self remember you have the right to speak up and share your perspective.

Future-Self, remember you have the right to your own opinion and viewpoint because…

Future-Self, you can give yourself permission to speak up because…

Thoughts...



14/30

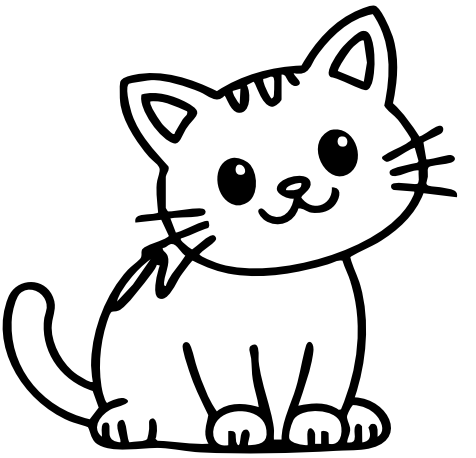
Last year, in what moments did I give in to the demands of others, rather than honor my own needs?

Reflect on lessons learned the hard way.

How will recognizing these lived lessons help create something new this year?

How do I anticipate others in my life will respond when I no longer give in to their demands of me?

Thoughts...



What do I see as my greatest personal strength?

Recall moments last year where you experienced a healthy sense of pride in yourself.

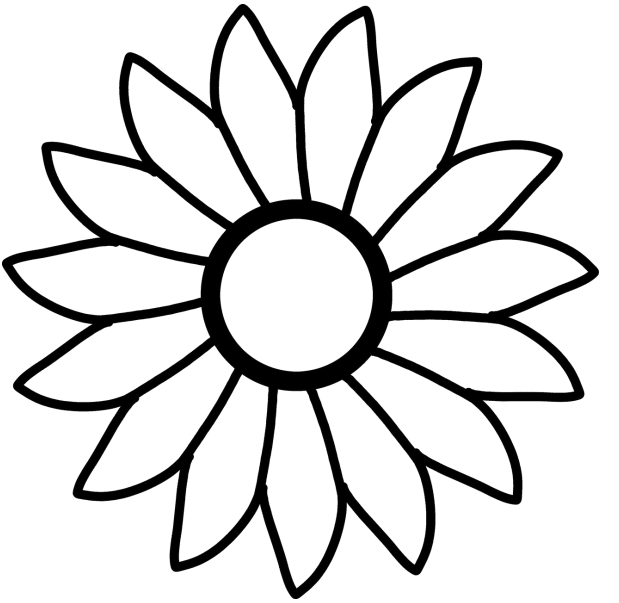
How can you cultivate and build on the strengths you see in yourself?

Write down how you feel when you live life with active awareness of your strengths and when you forget about your strengths.

When I recognize my strengths, I feel…

When I forget about my strengths, I feel…

Thoughts...



16/30

What is an aspect of myself that I've kept hidden away from others?

Explore themes of things held within your own thoughts, a part of your life story you've never shared, or something that feels too tender to reveal out loud.

What hindered me from speaking up about this truth?

If I decide to share this with another person, do I know someone who is safe and loving or will I need to find a new source of support for this topic?

What are a few ideas to help me start this conversation with another person?

Thoughts...



17/30

What types of people and environments bring out my best self?

Consider the character qualities of the other people, the physical environment where your best self thrives or other similar themes.

What helps you recognize when you are in a moment where your best self has emerged?

Write down two statements to help your future self remember to cultivate more life moments where you feel your best self.

Future-Self, remember you have a right to feel good in life because…

Future-Self, you can give yourself permission to seek out situations where you feel your best self by…

Thoughts...



How would I define this season of my life I am currently living in?

Consider aspects such as age and stage of life, in a growth or building stage, or reaping the rewards of previous hard work, etc.

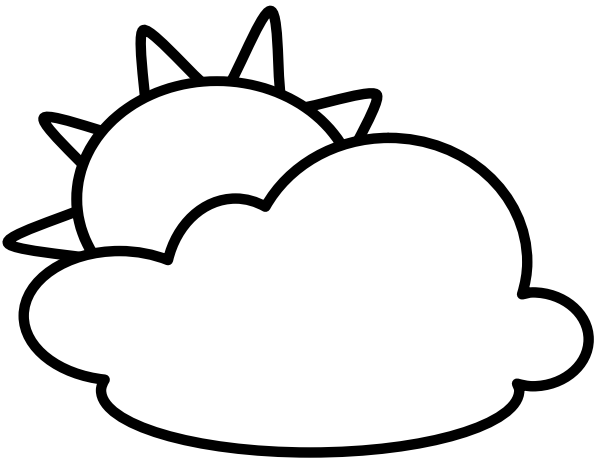
What would help me enjoy this particular life stage more?

Write down your answers when considering the following statements…

When I stop and think about the life stage I am in, I feel…

I can enjoy this life stage more by…

Thoughts...



19/30

Last year, where did I gain more clarity?

Consider relationships, choices, or another area of life where you gained a new perspective or insight.

How did gaining this new clarity impact your life?

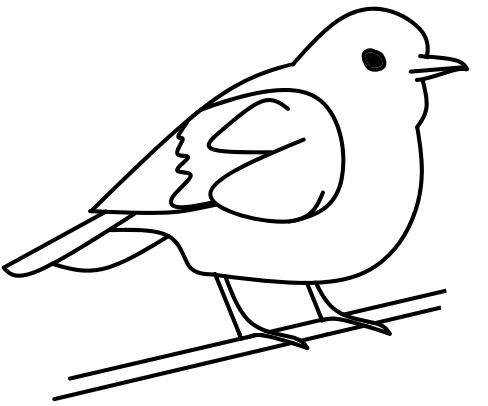
Consider two action steps you can take as reminders of the wisdom you gained in receiving this new clarity.

Action Step One

Action Step Two

Reflections

Thoughts...



20/30

Last year, in what area of my life did things become more confusing?

Consider life events, relationships, or choices that left you with the feeling of confusion.

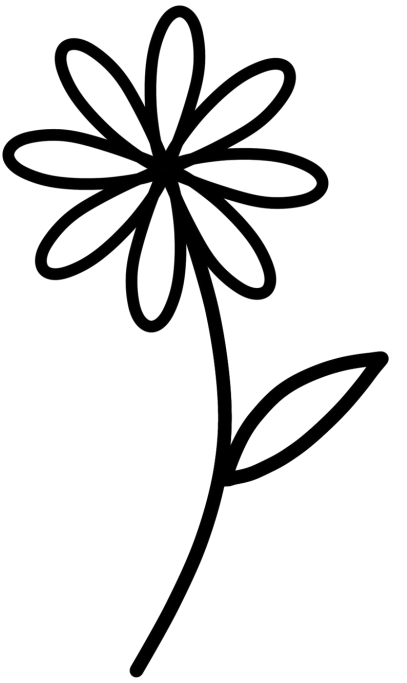
What was my reaction to the confusion?

Consider the following questions:

How did the choices of others contribute to or reduce my feelings of confusion?

How did my own choices either help or hinder moving through my feelings of confusion?

Thoughts...



If given the chance, what is one moment in my life I would do differently?

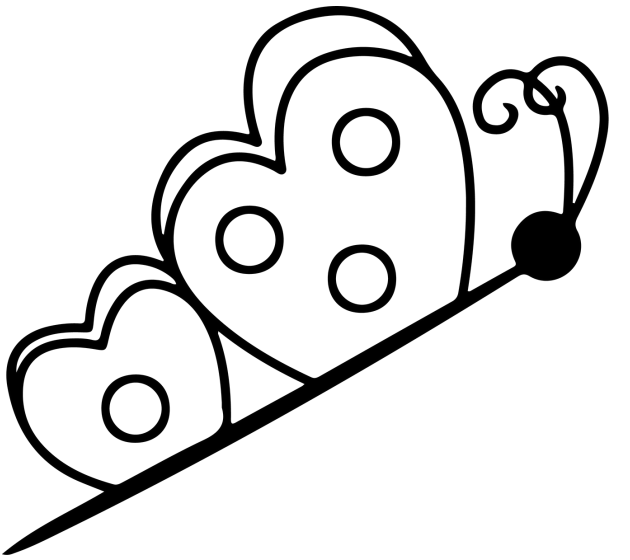
Explore a situation where you faced a choice and now in hindsight, you would choose a different option.

At the time, who or what influenced your decision to choose as you did?

When did you realize you had chosen a path you would not choose again?

What is one way in which you've grown since making that initial choice?

Thoughts...



22/30

What patterns in my life were revealed to me in the last year?

Consider life lessons that seem to be on repeat.

What were the set of circumstances when this life pattern became clear to you?

Write down two statements to help your future self remember this pattern.

Future-Self, you want to stop repeating this pattern because…

Future-Self, you can give yourself permission to break the pattern by…

Thoughts...



23/30

How have I grown in trusting myself and my assessment of life situations?

Reflect on moments last year when you trusted yourself, even in the face of opposition.

What helped you feel confident in your assessment of a particular situation?

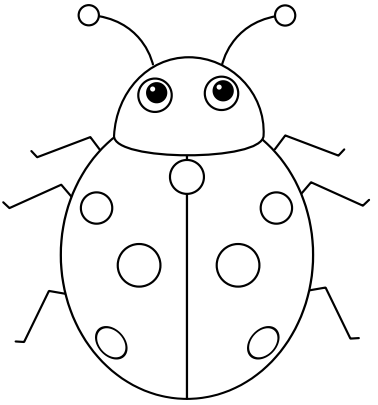
Two action steps you can take to live life with the confidence of trusting yourself.

Action Step One

Action Step Two

Reflections

Thoughts...



In what areas of my self-identity am I holding onto an old version of myself?

Consider things such as beliefs about yourself that began in childhood, toxic words spoken to you as an adult that you have come into agreement with, or a different version of yourself that changed long ago.

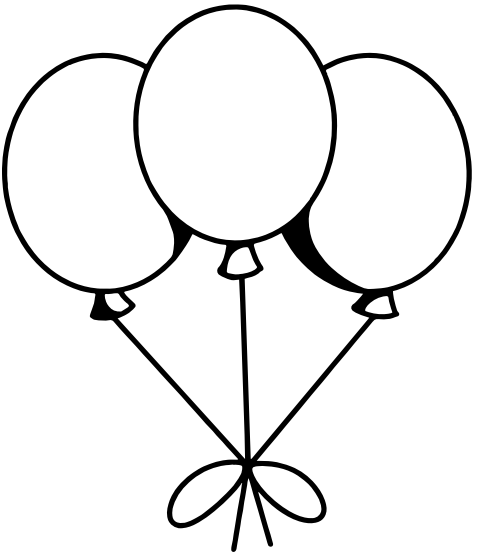
What is a barrier to seeing yourself in the current version and not through the old filter?

Consider actions you can take to address the barriers you identified above.

I can help myself see the honest current version by…

Who in my life makes it harder for me to see myself correctly, and how can I limit their influence in the development of my self-identity?

Thoughts...



25/30

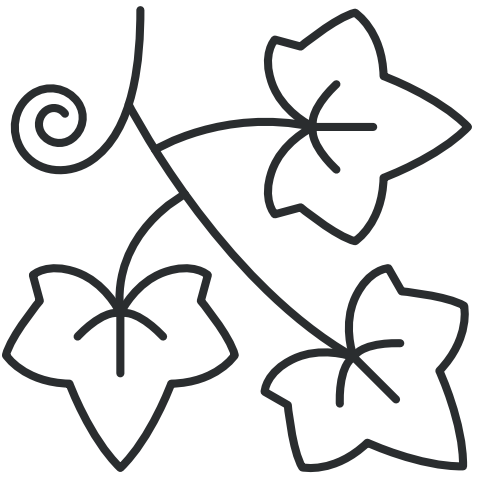
What is something I am outgrowing, even if it's difficult to acknowledge it?

Reflect on areas of life that chronically rob you of joy, perhaps you don't look forward to any longer, or you've thought has needed to change.

When did you first realize this might be an area that needs to change?

What would you be losing if you decided to go ahead and make changes in this area?

Thoughts...



At the end of this year, what is one thing I want to be proud of about myself?

Consider what you've already learned about yourself through the last twenty-five journal prompts and the dreams you have for your life.

How will identifying this area now help guide your daily choices this year?

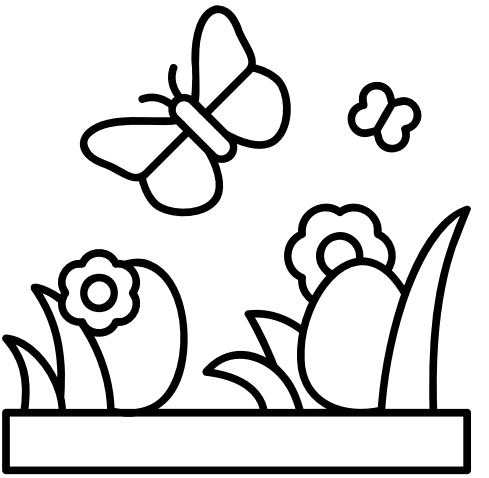
What are two actions you can take to be intentional in this area throughout the year?

Action Step One

Action Step Two

Reflections

Thoughts...



27/30

Where can I contribute positively to the rhythm of life and the world around me?

Consider places you can give of your time through volunteering, community groups you could join that share a similar value, or another way to make a contribution.

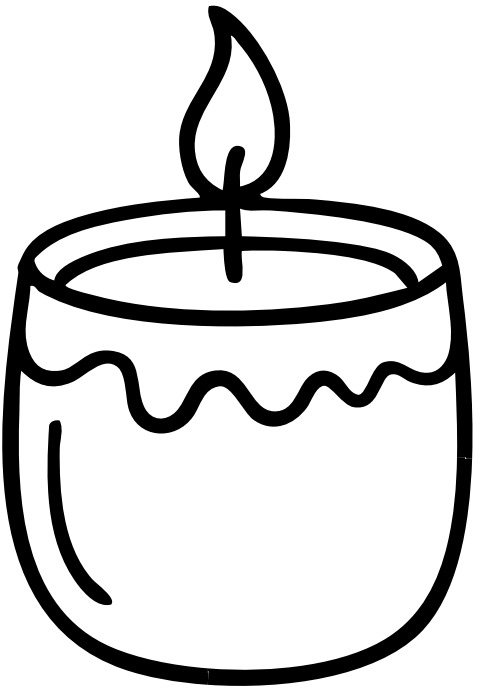
What is it about the actions you've identified above that you believe will be beneficial, both to others and yourself?

Write down two statements to help your future self remember why you want to take steps towards contributing to the world around you.

Future-Self, remember you bring value to others through your gift of…

Future-Self, your community and the world needs your contributions because…

Thoughts...



28/30

This year, what steps can I take towards developing my life legacy?

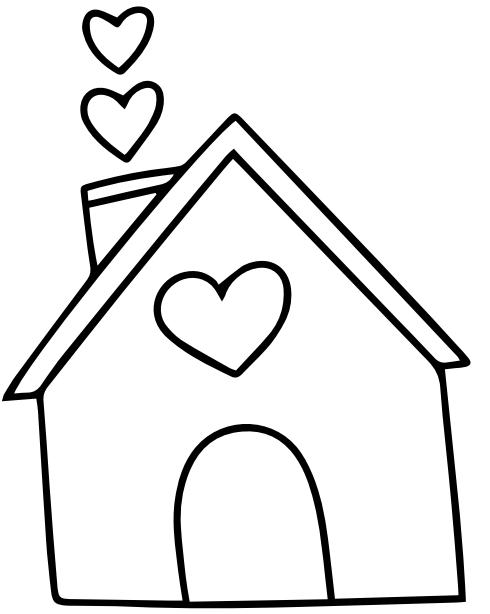
Reflect on the type of legacy you wish to have for yourself.

What hinders you from thinking about and developing a life legacy?

How can you encourage yourself to be bold in creating your legacy?

What are small actions you can take now to begin shaping your legacy?

Thoughts...



29/30

What would I choose for my life if I completely trusted myself?

Consider areas where a lack of trust in your abilities hinders you from creating a change in your life.

How did this lack of trust in yourself first develop?

Who benefits now (or in the past) from any lack of trust you may have in yourself, and specifically how does it benefit them?

What proof do I have to remind myself that I am trustworthy to make decisions for my life?

Thoughts...



30/30

What kind of life do I want to keep saying "Yes!" to?

Consider how you spend your time, who you spend it with, what brings meaning to your life or where you find joy.

Two actions I can take to be intentional about continuing to say Yes!

Action Step One

Action Step Two

Reflections

Thoughts...

Let this be a beginning, not an ending.