

A FRESH START

JOURNAL PROMPTS TO GUIDE YOU TO SELF-
AWARENESS FOR A MORE FULFILLING LIFE

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SOMETIMES THE HARDEST PART OF LOOKING INWARD IS
SIMPLY KNOWING WHERE TO BEGIN.

I CREATED THIS REFLECTION & INTENTION JOURNAL AS A
FREE RESOURCE TO HELP YOU SLOW DOWN, TURN YOUR
ATTENTION INWARD, AND BECOME CURIOUS ABOUT THE
PATTERNS, EXPERIENCES, BELIEFS, AND INTENTIONS
SHAPING YOUR LIFE.

USE IT BEFORE A SESSION WITH ME TO BEGIN EXPLORING
WHAT MAY BE ASKING FOR YOUR ATTENTION, AFTER A
SESSION TO CONTINUE REFLECTING ON WHAT CAME
FORWARD, OR COMPLETELY ON ITS OWN AS A STARTING
POINT FOR YOUR PERSONAL JOURNEY.

THERE IS NO RIGHT OR WRONG WAY TO MOVE
THROUGH IT. TAKE YOUR TIME, RETURN TO THE
QUESTIONS THAT STAY WITH YOU, AND ALLOW
YOURSELF TO ANSWER WITH HONESTY RATHER THAN
TRYING TO FIND THE "RIGHT" RESPONSE.

YOU DON'T NEED TO HAVE ALL THE ANSWERS TO BEGIN.
SOMETIMES ASKING YOURSELF THE RIGHT QUESTIONS IS
WHERE THE JOURNEY STARTS.

Everyone possesses an inner compass. If you want help discovering your hidden blocks & limiting patterns after using this journal, head to :

www.TonyaRick.com

Learn more about past life regression & hypnosis techniques that could help you discover your purpose and create more clarity.

A NOTE FROM THE AUTHOR

From an early age, I felt a soul-level calling to help others heal, born from a deep understanding that my family needed healing and that I was meant to break the cycle. Each stage of my life was another opportunity for me to learn about self-healing and now I'm sharing that with you.

I'm a self-empowerment coach and I help people gently shift their mindset, regulate their nervous system, and reconnect with inner balance—so life can transform naturally and positively from the inside out.

Through hypnosis techniques, emotional healing tools & positive mindset support, my hypnosis coaching helps you cleanse the mind, body & soul while making healing concepts easy to understand and apply to real life. This journal is just an extension of that, opening up space for you to take the driver's seat in your life and healing journey.

If healing or spiritual topics have ever felt confusing or overwhelming, you're not alone. This space exists to gently guide you and help bridge the gap between feeling stuck and feeling supported. No experience needed—just an open heart. You already have everything it takes. Let me help you remember!

You belong here. Wishing you love and light!

Tonya

Reflection & Intention

Create Self-Awareness for the Year Ahead

This journal is designed to gently guide you through reflection on the year behind you, while supporting you in intentionally shaping the year ahead.

Some prompts may feel easy; others may ask for deeper honesty.

How to Use This Journal

Set aside quiet, uninterrupted time.

Write in a journal or just hold space to think and reflect.

Revisit certain topics throughout the year. Ex: 3, 6, 9, 12 months

Move through it at your own pace.

The key to this journal is to dig deep and be honest with yourself. This will allow you to *notice patterns* rather than focusing on right or wrong answers.

Take it up a notch by incorporating a discussion between you and your life-partner or a close & trusted friend. This will help bring accountability and open space for areas of discussion where you both could use support and even invite deeper healing. Allow for conversation to arise and flow naturally while using these topics and questions to guide your thoughts and conversations.

1

Reflecting on the Past Year

You can use this section for both preparing and reflecting. Look back —use your past social media posts (but don't get distracted), phone calendar, and photo section to help you remember what was happening and how you felt throughout the year. Consider past events as lessons to help you think ahead to prepare yourself mentally, emotionally, spiritually, physically, financially throughout the year.

Consider 1 highlight for per month

- What went well?
- What moments, experiences, or accomplishments brought me happiness?
- What am I proud of myself for?
- Where did I grow, even if it was uncomfortable?

Challenges & Lessons

- What felt difficult, heavy, or didn't go as planned?
- What obstacles did I face?
- What lessons can I take from these experiences?

Integration

- What should I continue doing next year?
- What should I start doing?
- What no longer serves me and is ready to be released?

Quarterly Check In

Look back and reflect & Look ahead and prepare

- What did/does my life look like at each point?
- How did/do I feel? Why?
- Are there significant events already planned?
- Am I prepared mentally, emotionally, physically, financially for these events?
- How can be more prepared? (Planning? Patience?)

2

Intentions & Goals for the Coming Year

Future Vision

What are my goals for next year?

How do I want to feel while working toward these goals?

How do I want to feel once they are achieved?

Visualization

Close your eyes and imagine yourself one year from now.

What does an average day look like?

How do you move, speak, and make decisions?

3

Routines & Daily Life

Current Routines

What routines do I currently have in place?

Are these routines similar or different from last year? Why?

How do these routines support my personal goals?

In what ways might these routines be difficult to maintain?

Reflection

Which routines are helping me?

Which routines may be holding me back?

Is there something I could add or change to my routine that would bring balance to areas I may be neglecting?

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Financial Awareness

Current Financial Snapshot

Do I currently have a budget?

What is my monthly income?

What are my monthly expenses?

At the end of the month, am I in the positive or negative?

Spending Awareness

Review monthly credit card and checking statements.

Where do I see repeating charges?

How much do I spend monthly or yearly on these?

Are there expenses that drain my finances faster than expected?

(Subscriptions, food, habits, hobbies, entertainment)

Adjustments & Goals

What could I adjust to remain financially stable or positive?

Can I realistically put money into savings?

Tip: Start where you're at. \$5/week or \$5/month -or maybe- \$100/week or \$100/month

How can I improve my finances compared to last year?

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Health & Well-Being

Physical Health

Do I have health or weight-related goals?

What habits could support these goals?

Can I move my body more consistently?

Emotional & Mental Health

How do I currently manage stress?

What supports my emotional well-being?

What drains it?

Can I spend more time outside or in nature?

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Relationships & Social Energy

People in My Life

Who brings me happiness?

Who brings me stress?

What can I learn from each relationship (pros and cons)?

If there are cons about someone else, can I take a more neutral approach to understand them more deeply AND could this be something I can learn to find more balance with in my own life?

Boundaries

Are there boundaries I need to strengthen or create?

Where do I give too much of my energy?

Where could I give more of my energy?

Do I maintain a healthy work/life balance? How?

7

Media, Content & Mental Diet

Online Consumption & Awareness

- Is the content I am consuming online helping me or hurting me?
- Do I have boundaries around what I consume or engage with?
- Do I spend too much time scrolling or getting stuck?
- Would setting a time limit help create more balance?
- Should I implement areas of the house where my phone is off limits in order to reduce temptation and help me achieve more balance?
- What are some ways I can achieve more balance in this area?

Mental & Emotional Impact

- Is the content I consume supporting my mental health in any way?
- Is it reinforcing fear, anxiety, anger, or comparison?
- Could I follow or subscribe to accounts that help bring awareness, healing, or a more positive outlook on life—especially in areas that are new to me?

News Consumption

- How much importance do I place on keeping up with the news?
- Is it helping or hurting me? Why or how?

Impact on Personal Life

- How does my consumption of social media and/or news show up in my personal life?
- How does it affect my belief systems?
- How does it influence my relationships with coworkers, friends, intimate partners, family, or even random encounters?
- Is there anything I can change to make these interactions more grounded and positive?

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Emotional Awareness

Patterns, Triggers & Repeating Themes

- Is there any area or topic in my life that brings up feelings of unease, sadness, anger, fear, anxiety, ruminating thoughts, or drains my energy in any way?
- What specifically triggers these emotions?
- Why do I think this affects me so strongly?

Patterns & Repetition

- Do these specific emotions show up in multiple areas of my life or just one?
- Where do I see them repeating? (conversations, relationships, work, money, self-worth, decision-making)

Embodiment

- If I brought awareness to the patterns, would I be able to become or embody the thing that I needed from that person?
- If I embody this for myself, what does this look like?

Example for reflection:

"I get anxiety when I have to do certain things or when a particular situation is present. When I look back, I notice I didn't feel safe expressing myself in childhood. That same anxiety shows up now and feels familiar. Bringing awareness to this has helped me to learn to take steps that embody confidence in myself."

-OR-

"I don't feel like I get the acknowledgment that I need from anyone in my life. People are so rude and hurtful and they don't take responsibility for hurting me. I feel it most in my romantic relationships. I remember my parents never being able to apologize to me when they hurt me. I put so much focus on this because it was so painful to experience as a child. Bringing awareness to this has helped me to learn to make myself a priority and show myself love and compassion while also showing love and compassion to the people who may not know how to do it for themselves."

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Emotional Awareness Continued

Exploring the Root

- Are these emotions linked to the same root problem, core wound, or childhood trauma?
- When I reflect on childhood, was there a situation or person who made me feel this way?
- Was there an experience where I felt alone in dealing with my emotions AND have I truly taken time to process this? (Without self-judgement, notice it, feel it emotionally & physically— tightness or tension in the body, and RELEASE it— crying, breath work, yoga, somatic movement.)

**If your release involves talking about it: are you stuck in a negative-talk loop?*

Consider alternate healing modalities to help you switch from ruminating thoughts of negativity, such as affirmation meditations or a gratitude journal.

Responsibility & Blame

- Am I holding on to blaming someone else for causing this pain? (Ex: a parent, family member, ex-partner, friend, or coworker)
- If they never understand me or fully apologize, will I still be able to heal?
- How can I take responsibility for my own healing without needing them to change or apologize?
- Is there anything I could have done differently to change the outcome or de-escalate the situation? (Ex: better boundaries or taking a calmer approach)

Readiness to Heal

- Am I ready to heal?
- If the other person is not capable of giving acknowledgment, validation, or accountability, what can I do to heal without holding resentment?
- If resentment still exists, am I aware of how I may be repeating a cycle by subconsciously allowing that energy to make decisions for me? How?

Forgiveness With Boundaries

- How do I forgive another human for hurting me while still maintaining healthy boundaries and not repeating a lesson?

Compassion Toward Self

Is there a situation that brings up negative feelings about myself?

Do daily situations often bring up negative feelings about myself?

If someone else were in my position, what would I tell them?

How is this advice positive?

How is this advice negative?

How is this advice realistic?

How is this advice unrealistic?

How is this advice uplifting or compassionate?

Am I offering myself that same compassion?

Do I get frustrated with myself easily? Why?

Do I have a practice positive self-talk?

*After reflecting on this section, if you often find yourself frustrated, not very compassionate or even just hard on yourself, consider a daily affirmation meditation practice to stick with for at least 21 days-- preferably in the first half hour of waking up or before going to bed. Come back to these meditations throughout the day to help reset.

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Creating Balance

Reflect on how you can create positive balance around these emotions & traits:

Happiness / Sadness

Motivation / Lack of Motivation

Creativity / Lack of Creativity

Confidence / Fear

Self-esteem : Strong or Weak

Frustration & Anxiety / Calm & Grounded

Are there specific things that come to mind when I read those words?

What are they?

What small, consistent actions could help regulate negative emotional states & bring out more opportunity for positive emotional states?

Could I create a meditation or grounding practice that might help bring awareness to areas where these emotions feel heavy or negatively show up in my life?

Am I taking time to engage in things that bring me happiness & peace?

Do I know what brings me happiness & peace?

Self-awareness creates choice.

Choice creates change.

You have the power to recalibrate your entire life.

You are never truly stuck—everything in life is temporary. Whether an experience feels positive or challenging, taking time to reflect on each area of your life opens the door to learning, healing, and growth. The challenges you encounter often appear in the very places where growth is asking to happen.

At times, it can feel easier to place responsibility outside of ourselves, but when we do, we quietly hand our power away. This is your life. Reclaiming ownership allows you to step back into your agency and move forward with intention.

While much in life is beyond our control, there are areas where accountability becomes a powerful tool for transformation. By recognizing where you do have influence, you create space to heal the past, realign your path, and make conscious course corrections.

Release what no longer serves you—and make room for the life you've always envisioned.

Return to this journal whenever you feel disconnected, overwhelmed, or ready for deeper alignment.

Remember, you are not broken. You already have everything you need to heal. I'm just helping you to remember!

You've got this!

-Tonya