

2020

BY KEELY HUGHES

Journal guide



REFLECT & DREAM

A note from Keely:

The week between Christmas and New Years is always one of my favourite times of the whole year! For me it typically includes a lot of coffee (of course haha) and a lot of journalling. I love preparing for a new year, there is just something so nice about starting brand new. New dreams, new goals, fresh intentionality, a reboot.

In this week, I love getting my new diary ready for the year, and I love dreaming big with Jesus. Before I get into that though, I love reflecting on the year that was. I think it's so important to end the year well, because it's so easy to quickly skip ahead. There is so much beauty in just reflecting on the year, dwelling on thankfulness, inviting God into any disappointment so He can heal our hearts, praising Him and just sitting with Jesus and processing what took place. Sometimes we don't even realise how much we've grown, how much we have to be grateful for, what we have breakthrough in and how many dreams we've seen fulfilled until we intentionally look. This is not an invitation to disappointment, it's an invitation to gratitude.

God is always moving in our lives whether we see it or not, we always have things to be grateful for and I don't know about you but I don't want to miss out on getting to thank Jesus for what He has done in my life, because I haven't taken a moment to actually be aware of it or I've been in too much of a hurry. After I have reflected, I will then look to the new year, and dream with God. I pray and ask Him what He is saying about the new year, what did I learn in the past year that I can take into the new one? It is so valuable going into a fresh year with these truths I can hold onto, things God has spoken, verses I hold closely. When it comes to dreaming, it is not a to do list or a wish list, it's a conversation with Jesus. It is friendship.

So be childlike, give your desires to Him. Pray for breakthrough where you need breakthrough. Record what you are asking for, so at the end of 2020, you can reflect again and see the breakthroughs that have happened, because you asked!

I wanted to make this for you because this is literally what I do and I always love it, so I thought you might too!

How to use this guide:

I don't want you to do this alone. Invite Jesus into every question, pray through them, talk to Him. Other than that there is no "one right way" to use the guide. It's meant to help you, not be a burden, so if you just aren't feeling certain questions, skip over them or let it be a prompt to write your own questions. Do what works for you! I pray that this is a blessing to you! 2020 is going to be an incredible year for you!

Grab a cup of coffee, a pen, your journal or a piece of paper and begin! Also this may take a few days to work through, take as much time as you need!

Also feel free to share this with your friends!

Love Keely Hughes

2019 • Reflect

2019 | Reflection Journalling Guide

Write a list of things you are thankful for in 2019: (Make it as big as you possibly can)

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Pinpoint some highlights and lowlights of this year.

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What are some of my favourite memories from 2019?

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If I had to sum up 2019 in one word what would it be?

What did I learn in 2019?

How did I grow personally?

How did I grow spiritually?

How did I grow in my relationships/ friendships?

What changed for me this year?

What habits and rhythms did I implement at the beginning of the year? Did I stick with them?

What could I have done more of this year?

What could I have done less of this year?

What did my relationship with Jesus look like this year?

How was this year different to how I expected it to be?

What desires did I see fulfilled this year?

What was the best book I read this year?

What was something new I tried this year?

What was my favourite place I visited?

What breakthroughs happened this year?

What was a Bible verse that mean a lot to me this year & why?

2020 • dream

2020 | Dreams & Faith Goals

What is my word for 2020? (For example for 2019, mine was, 'Selah')

What is God saying about this year to me?

What are some Bible verses that stand out to me for 2020?

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What am I excited for this year?

What do I want to grow in, in 2020?

What can I be more intentional with in 2020?

What should I focus on this year?

What are some daily rhythms I want to incorporate?
(could be as simple as drinking water when you wake up?)

What do I want to change this year?

What is something new I want to try this year?

Where would I love to go/ visit this year?

Dreams: (write your dreams for 2020 in these areas)

Family:

Spiritual:

Personal:

Hobbies:

Social/ friendship:

Work:

Health:

Education/ Learning:

Financial:

Travel:

Fun:

Write 10 dreams (or more) for 2020 (What do you want to see happen, what do you want to do etc. Dream away!)

What will I do more of this year?

What will I do less of?

How can I be a blessing to those around me this year?

Who can I pour into, bless, encourage, pray for, mentor in 2020?

Who is someone that can do that for me this year?

What friendships should I be intentional with this year?

What am I believing/ praying for this year?

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Write some declarations for 2020:

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Write a prayer for 2020:

Here's where you can find me:



 **@keelyhughes__**

 **@keelyannebrydie**

 **Keely@pouritout.org**

See you there!

