

**DON'T
WASTE
Another
Year**

***A Guided Birthday Retreat Journal
with Prompts***

***To Help You Reflect on Your Previous Year
and Suit Up for the New Season***

Meb

DON'T
WASTE
Another
Year

***A Guided Birthday Retreat Journal
with Prompts***

***To Help You Reflect on Your Previous Year
and Suit Up for the New Season***

Don't Let Another Year Slip Away in Regret—Transform Your Birthday into a Powerful Life Reset!

Better than the New Year, your birthday is the ideal time for a personal milestone check-in—**a moment to reflect, realign, and step boldly into your next with clarity and purpose.**

A Birthday Retreat is a powerful practice that will help you:

- Look back on your past year with gratitude and insight
- Assess your growth and identify areas for improvement
- Avoid repeating your mistakes
- Gain divine direction for your new year
- Achieve your goals and step into your God-given potential

For years, I have practiced this life-changing ritual. I'd take a day (or two) right before my birthday to retreat, reflect, and plan with purpose.

Now, I'm sharing my personal guide with you so that you never have to look back and wonder where your years went.

This journal is your roadmap to **a purposeful, regret-free year ahead!** **Don't wait**—start your birthday retreat today and step confidently into the life you were created to live.

Retreat Setup

This retreat should take you between two to twenty-four hours, depending on how in-depth you want to go.

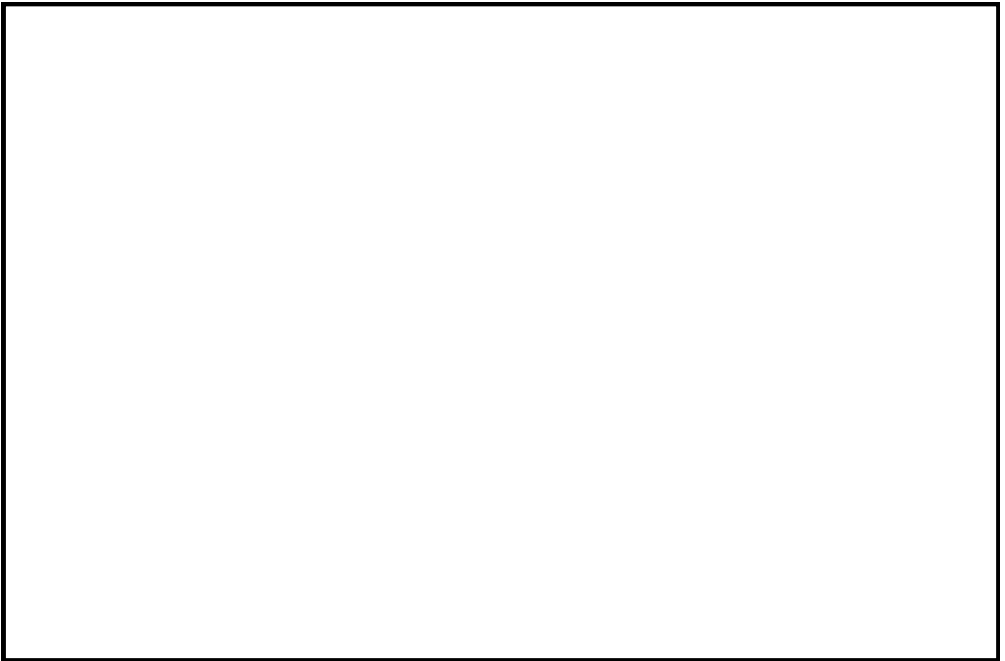
- Schedule a day (or two) before your birthday.
- Find a quiet, distraction-free place. It could be your home, favorite cafe, church, a park, or a hotel room.
- Go with your journal, Bible, worship song playlist, and a nice fragrant candle (optional).
- Have a bottle of water and a healthy snack by your side.
- Start with heartfelt worship and thanksgiving for the previous year.
- Then ask God to reveal what He wants you to learn.
- Close your eyes and spend about 30 minutes to an hour reflecting on the previous year (from your last birthday). Try to create vivid images as much as you can.
- Read through your calendar and journal entries for the past year.
- Now, answer the following questions as honestly and thoroughly as you can.

Gratitude and Personal Growth

Aim: To assess your overall performance in the past year, how you've grown, the lessons you've learned, and how you can do better this new year.

Journal Prompts:

What are the top three most significant lessons I learned this past year?

A large, empty rectangular box with a black border, intended for writing the response to the journal prompt.


What moments or experiences stretched me beyond my comfort zone this past year?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

How have I grown, become better, or improved this year?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

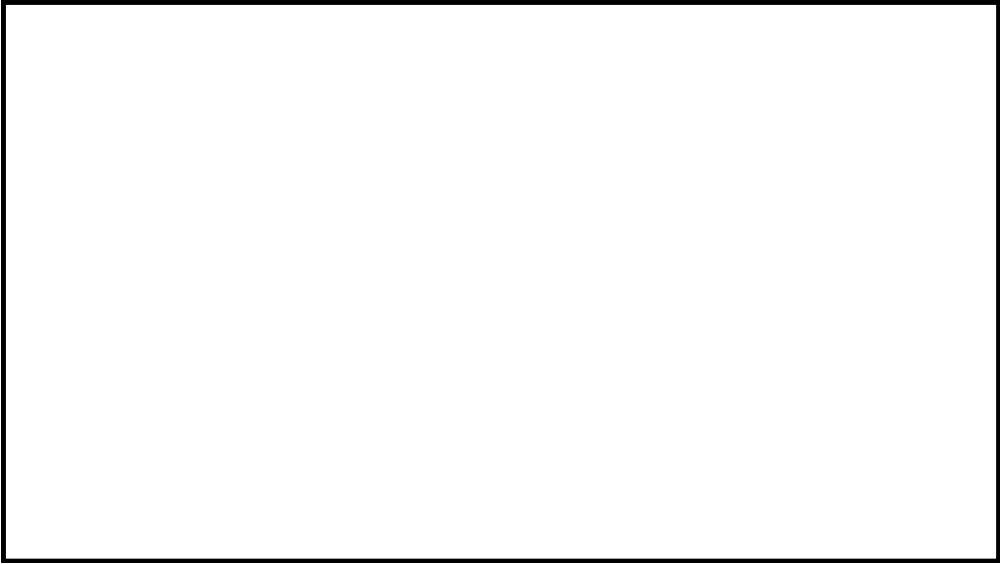
How have I handled disappointments and setbacks this past year?



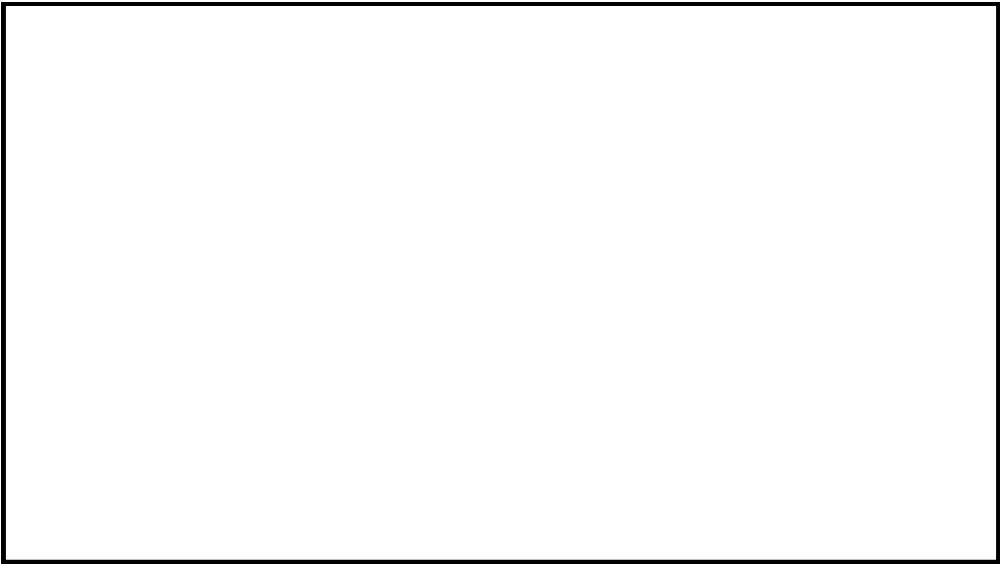
Did I change as a person over the last year? In what ways? Were they good or bad? How can I reverse (for bad) or sustain (for good) this change?



What habits helped me grow, and which ones held me back?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

What beliefs about myself have changed in the past year?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

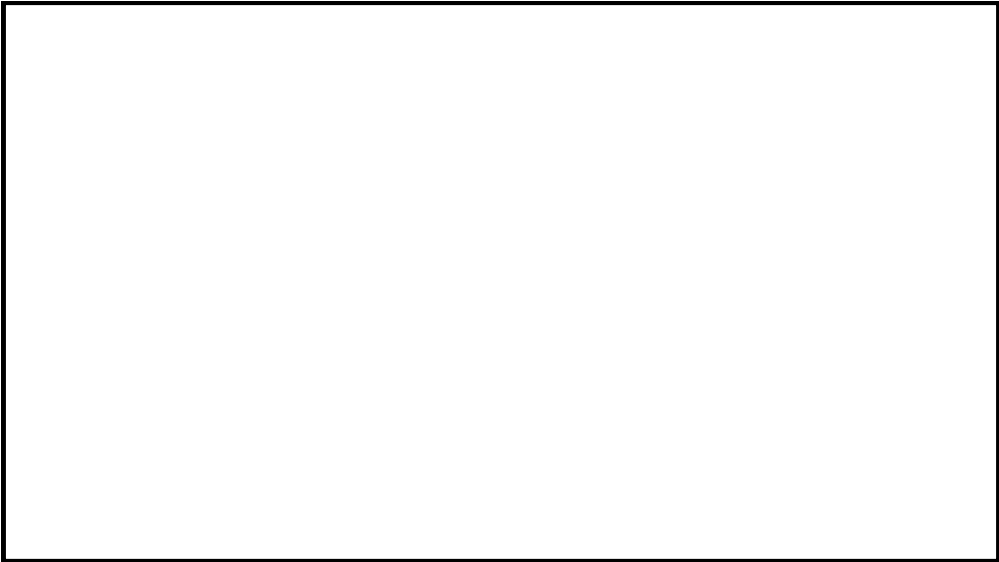
What are my major regrets this past year? What did I do wrong? How can I learn from them and move on?

A large, empty rectangular box with a black border, intended for the user to write their reflections on major regrets from the past year.

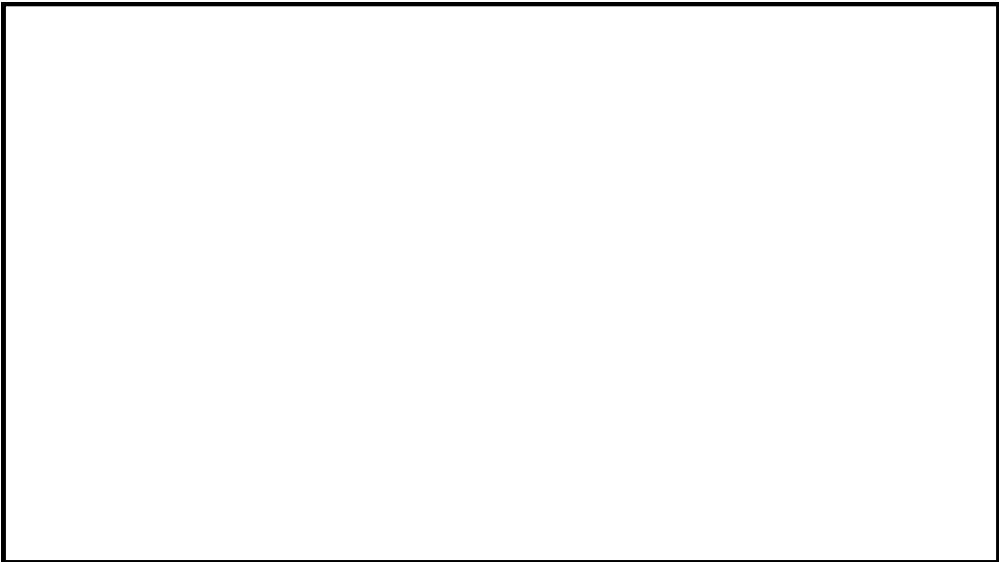
What fears did I overcome, and which ones still hold me back?

A large, empty rectangular box with a black border, intended for the user to write about fears they have overcome and those that still hold them back.

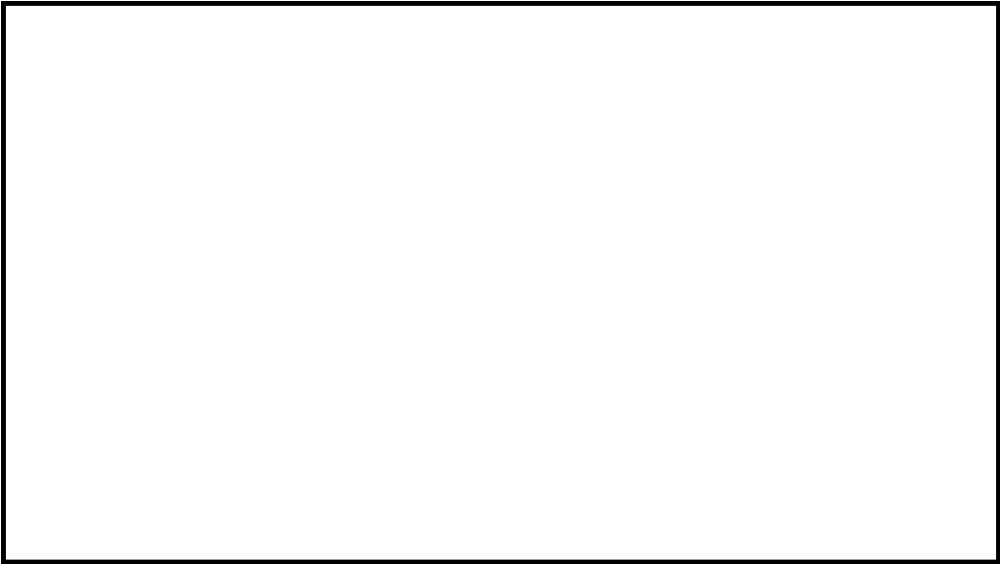
Am I impressed with how I catered for my physical, mental, and emotional wellbeing this year? Can I do better?

A large, empty rectangular box with a black border, intended for a person to write their response to the question above.

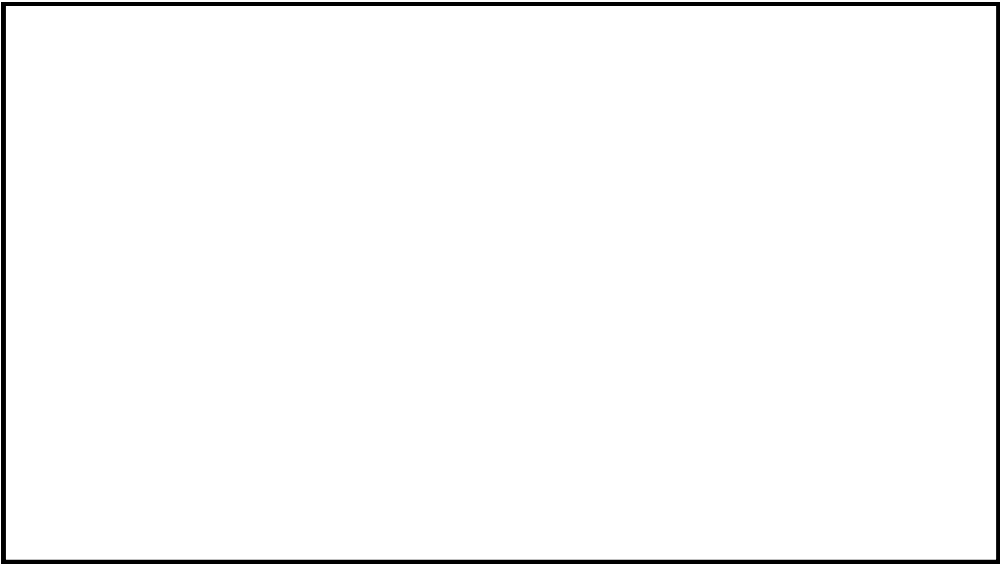
How well did I take charge of my emotions this year, and how can I do better?

A large, empty rectangular box with a black border, intended for a person to write their response to the question above.

What counsel would I have likely given myself a year ago?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

What is one thing I must let go of before stepping into my next season?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

Prayer Focus: Pray that your heart is open for more growth. Pray against fear, discouragements, wrong beliefs, and setbacks.

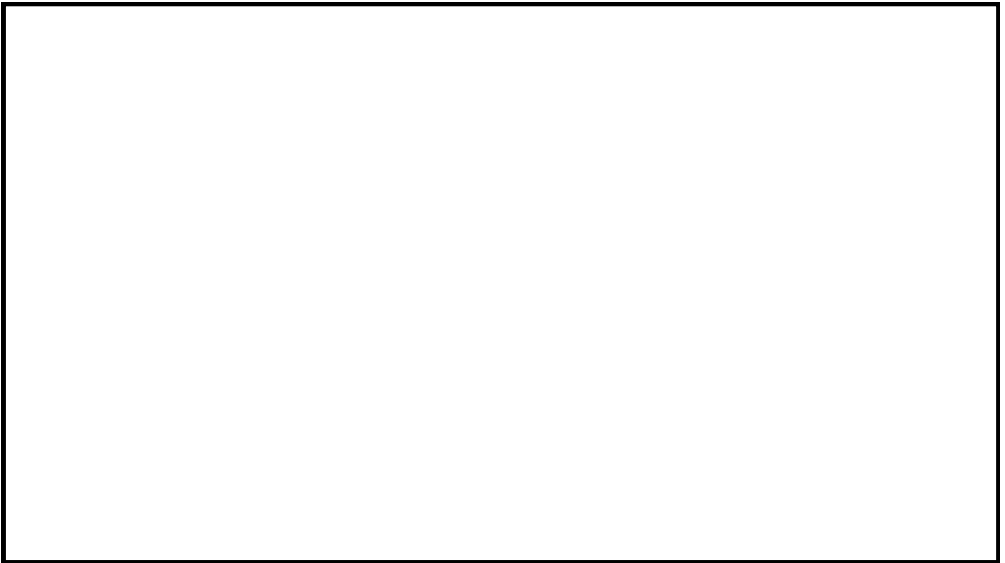
Faith & Spiritual Growth

Aim: To reflect on your walk with God and how you can deepen your relationship with Him.

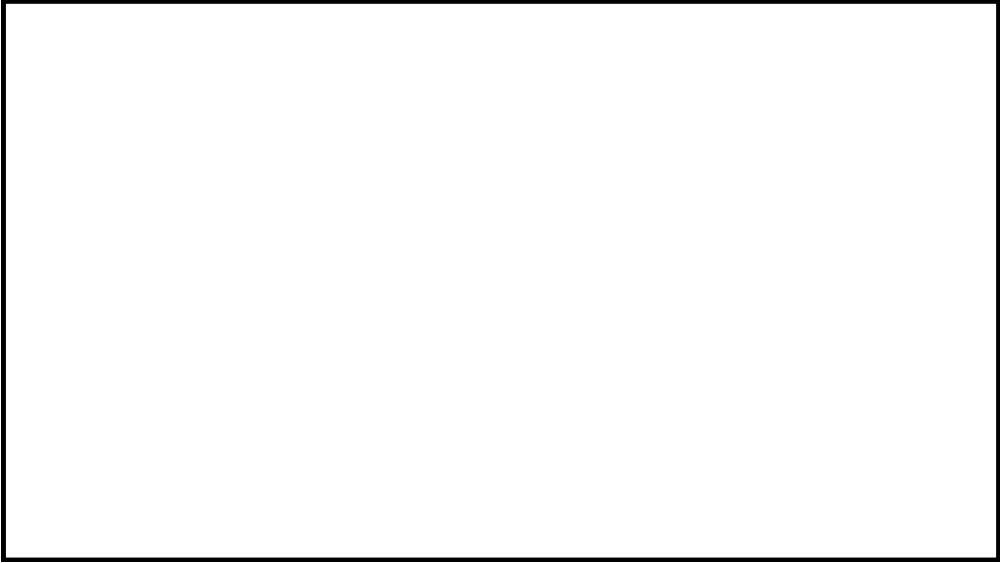
Meditate on Jeremiah 29:13 – You will seek me and find me when you seek me with all your heart.

Journal Prompts:

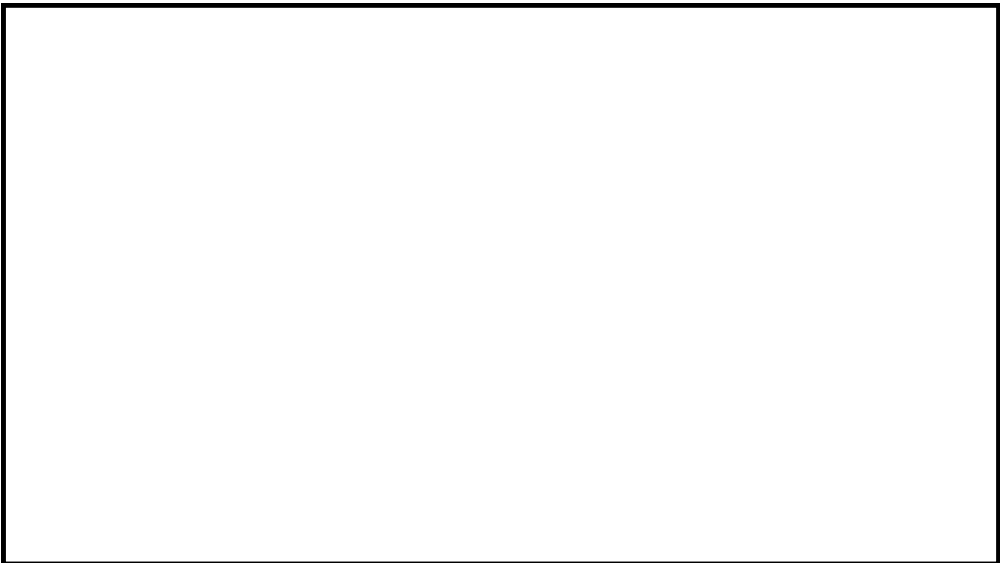
How has my relationship with God gotten better this year?

A large, empty rectangular box with a black border, intended for journaling or writing a response to the prompt above.

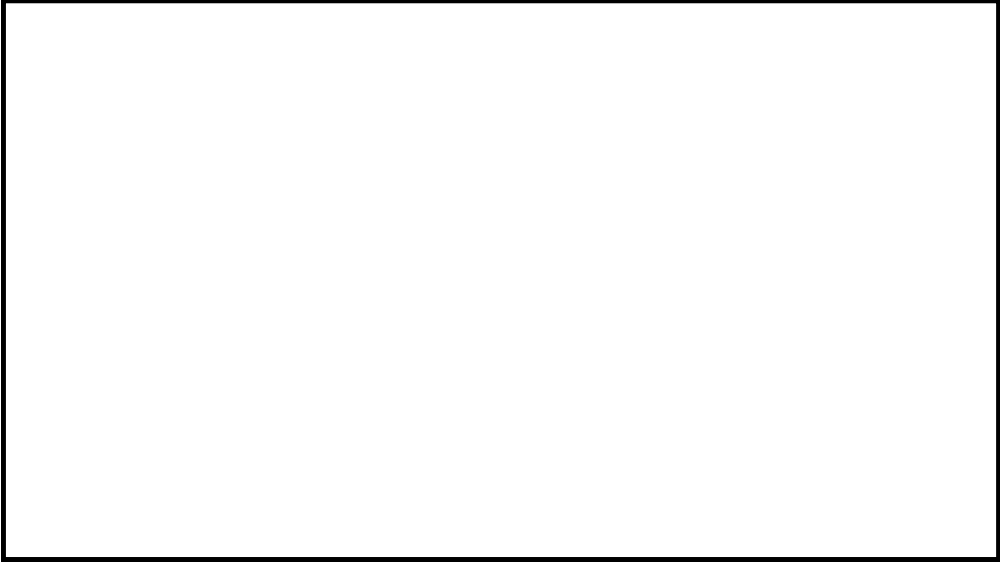
What were some prayers I had this past year that God answered?

A large, empty rectangular box with a black border, intended for the user to write their answers to the question above.

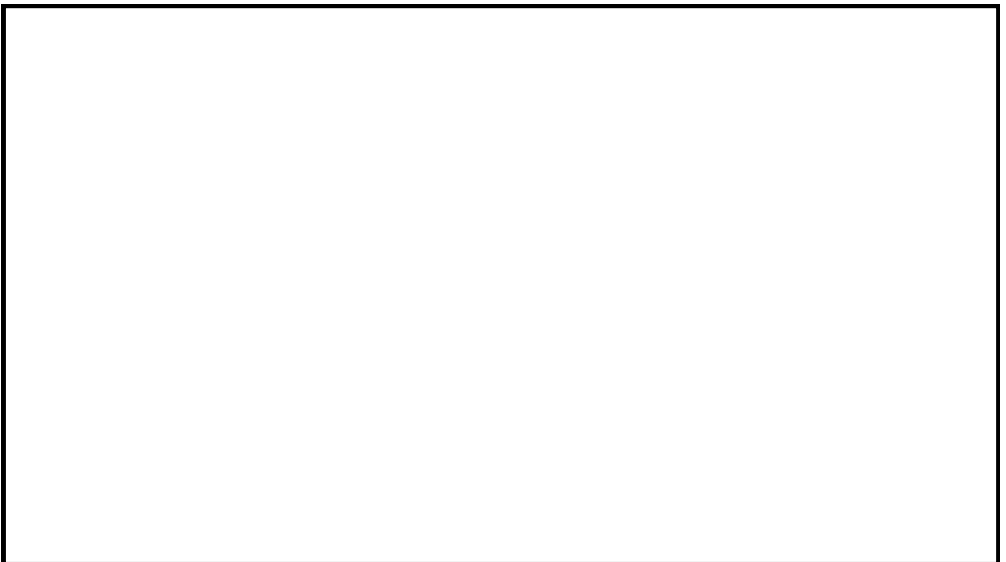
In what area of my life did I trust God the most this year, and where do I still struggle to trust Him?

A large, empty rectangular box with a black border, intended for the user to write their answers to the question above.

What habit or spiritual discipline kept me connected to God this past year? Which do I need to strengthen this new year?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

What Bible verse or revelation carried me through tough times?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

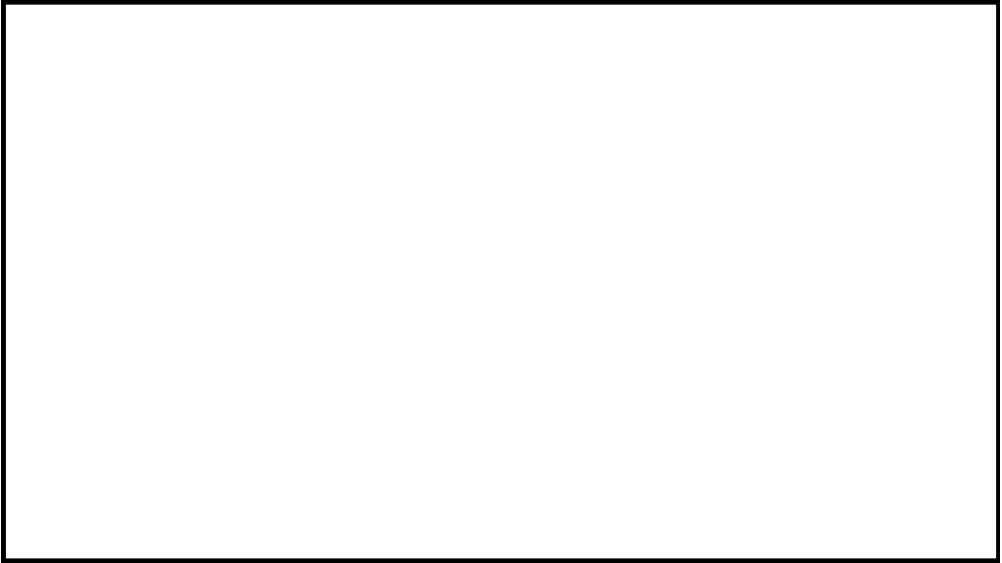
What was highlighted in my spirit the most this past year? Did I pay attention to it?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

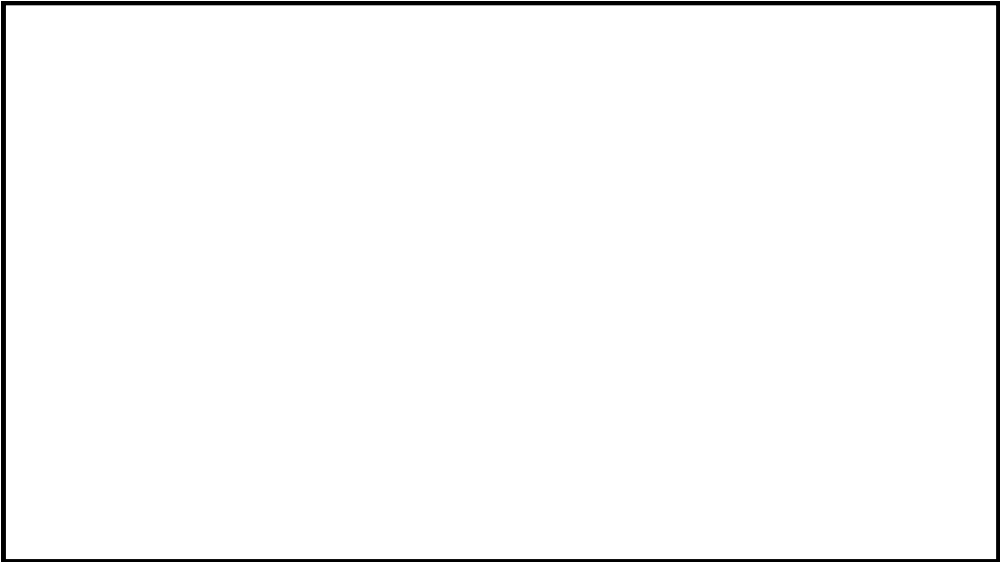
How has my faith been tested this year? Can I say I did well?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

How can I be more intentional about seeking God daily? How can I serve Him and His people better?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

What biblical lesson or principle changed my perspective the most?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

Prayer Focus: Ask God for strength and desire to seek Him better in your new year.

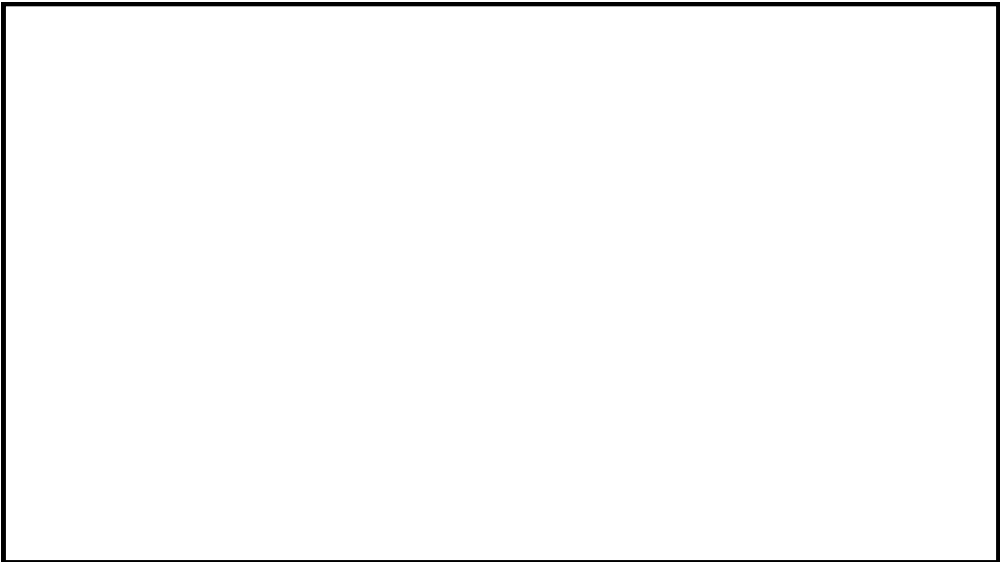
Purpose & Calling

Aim: To evaluate how aligned and successful you were with the purpose and essence of your life.

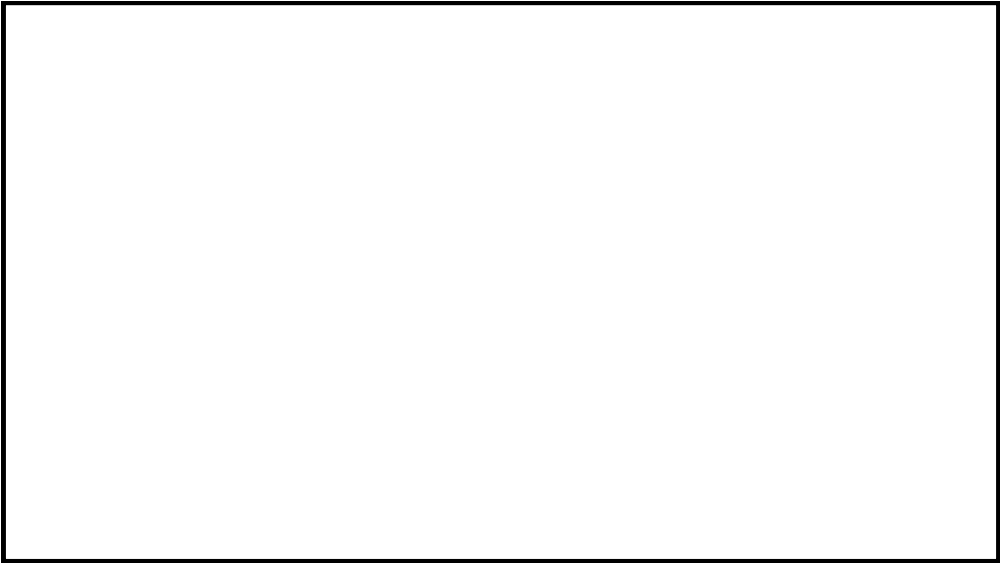
Meditate on Proverbs 19:21 – Many are the plans in a person’s heart, but it is the Lord’s purpose that prevails.

Journal Prompts:

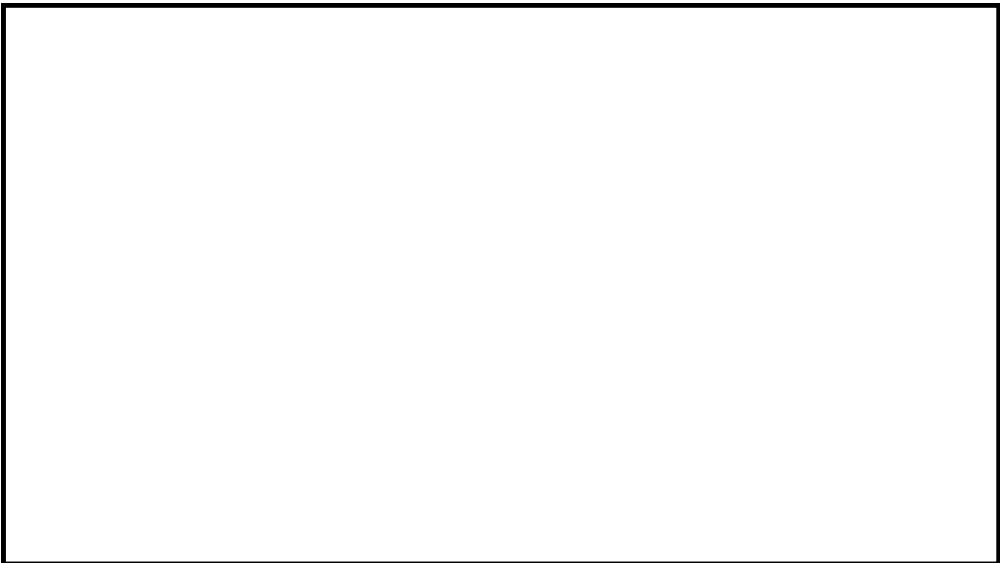
Did I walk in my God-given purpose this past year? Which of my gifts and talents did I use well?

A large, empty rectangular box with a black border, intended for journaling or writing responses to the prompts above.


What stopped me from stepping fully into the fullness of my calling?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.


What bold steps do I need to take this year?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.


Did I impact anyone this year? How?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

What opportunities did I take, and which did I say no to out of fear?
How can I do better?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

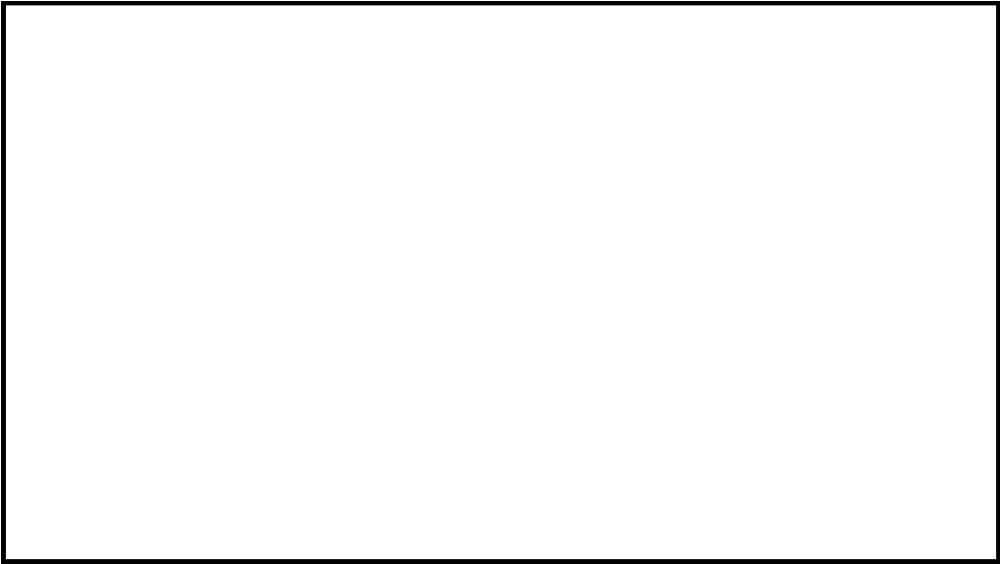
Did I set the right priorities this year? What were the outcomes, and how can I do better?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

What experiences or moments made me feel most fulfilled this year?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

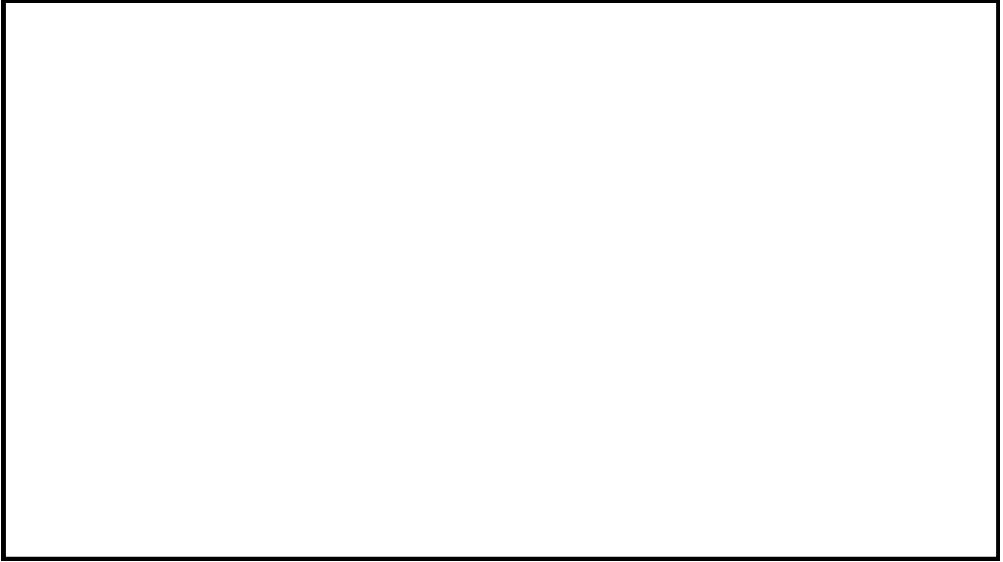
What distractions have kept me from walking fully in my purpose this year? What detailed steps can I take to eliminate them?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

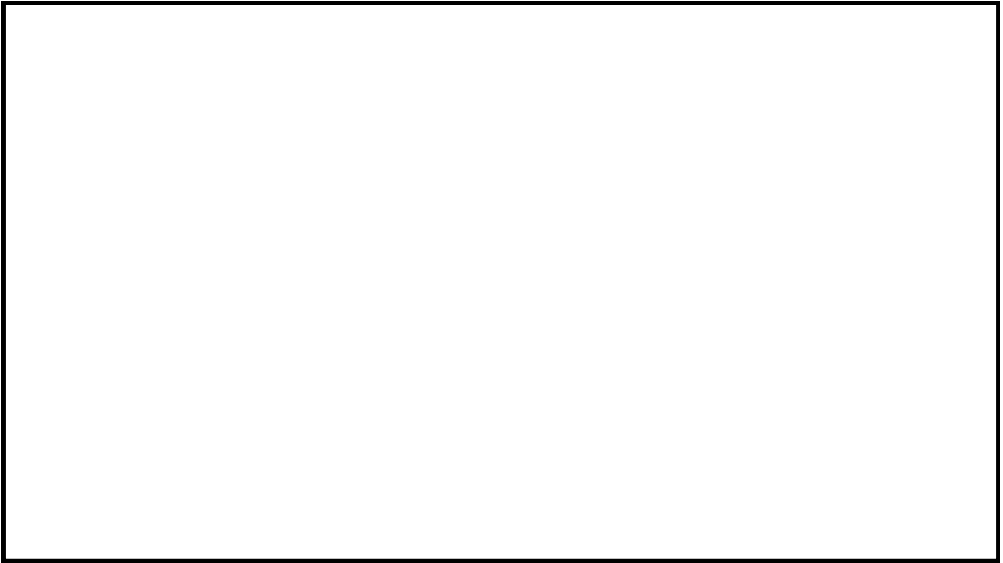
What ideas, dreams, or projects did I actualize, and which am I ready to pursue next?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

Where did I record success this year? How can I replicate it?

A large, empty rectangular box with a black border, intended for the user to write their reflections on success from the year.

Where did I fail this year? How can I learn from them and do better?

A large, empty rectangular box with a black border, intended for the user to write their reflections on failure and lessons learned from the year.

Prayer Focus: Surrender your dreams, aspirations, and goals to God. Ask Him for focus, strength, and resources to accomplish them.

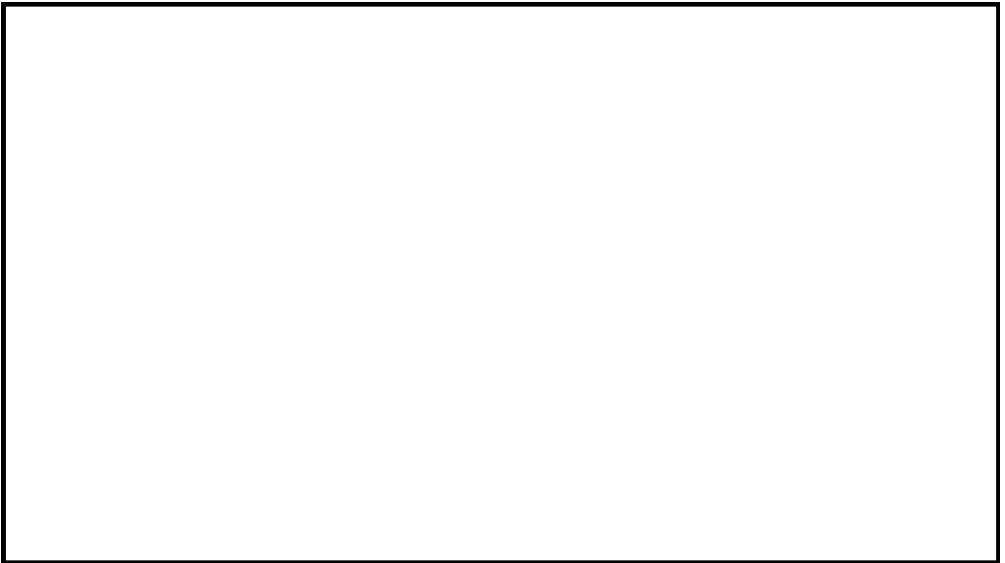
Relationships & Boundaries

Aim: To identify the relationships that are serving you and those that aren't so you can set boundaries and enjoy healthy relationships.

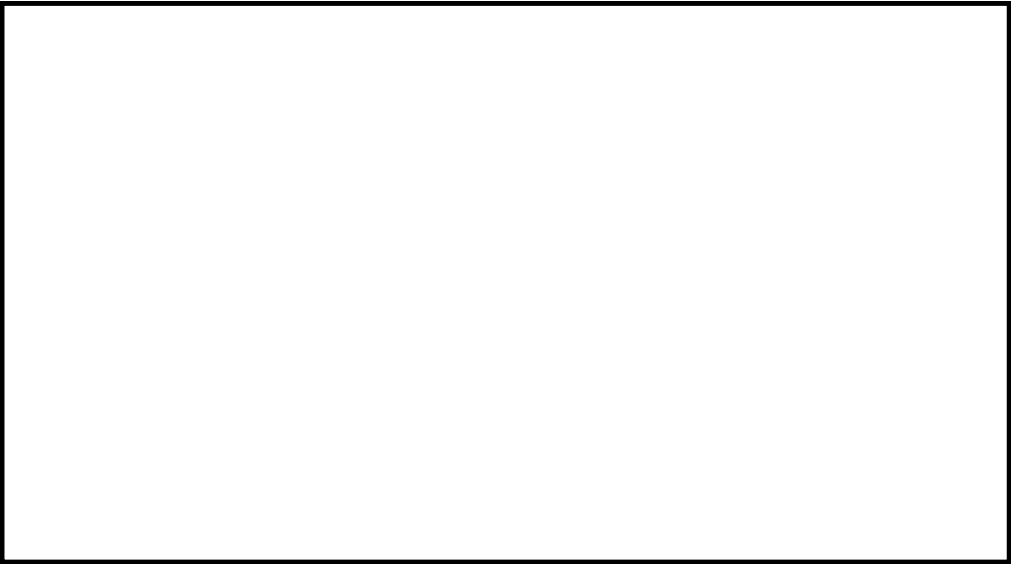
Meditate on Proverbs 13:20 – Walk with the wise and become wise, for a companion of fools suffers harm.

Journal Prompts:

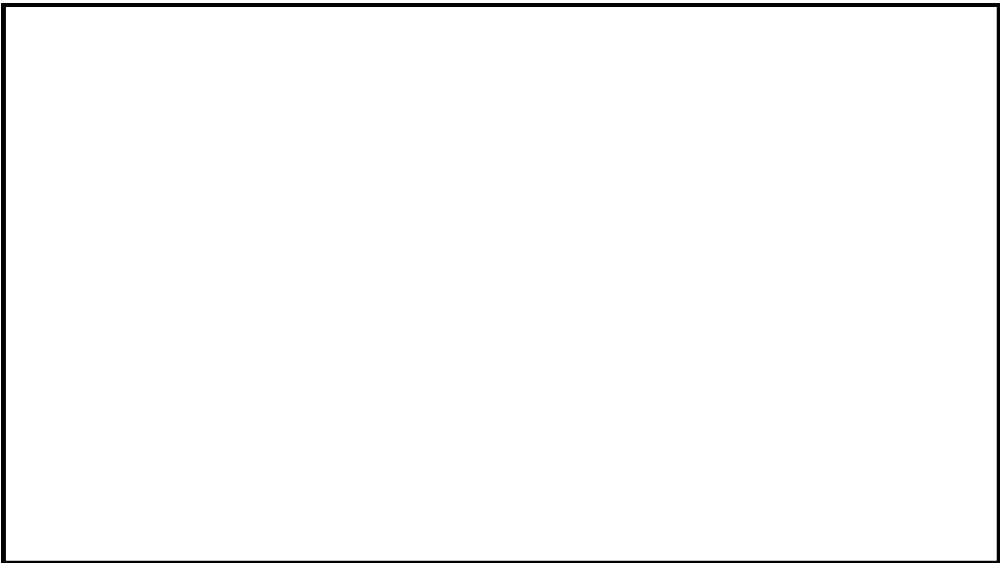
Which relationships helped me grow the most this year? Did I appreciate them enough?

A large, empty rectangular box with a black border, intended for journaling or writing responses to the prompts above.


Who do I need to forgive?

A large, empty rectangular box with a black border, intended for the user to write their answer to the question above.

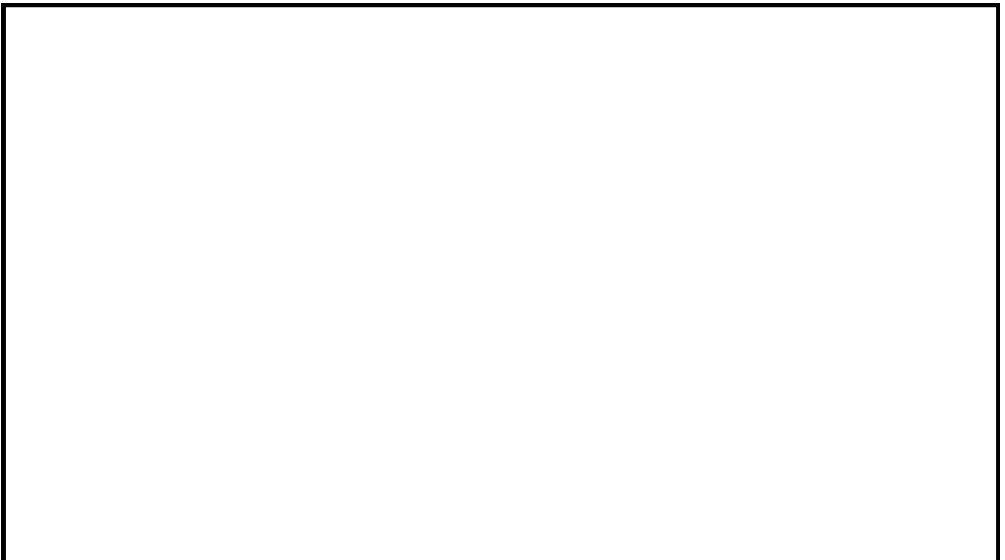
Which relationships drained me, and why? How can I stop them from draining me?

A large, empty rectangular box with a black border, intended for the user to write their answer to the question above.

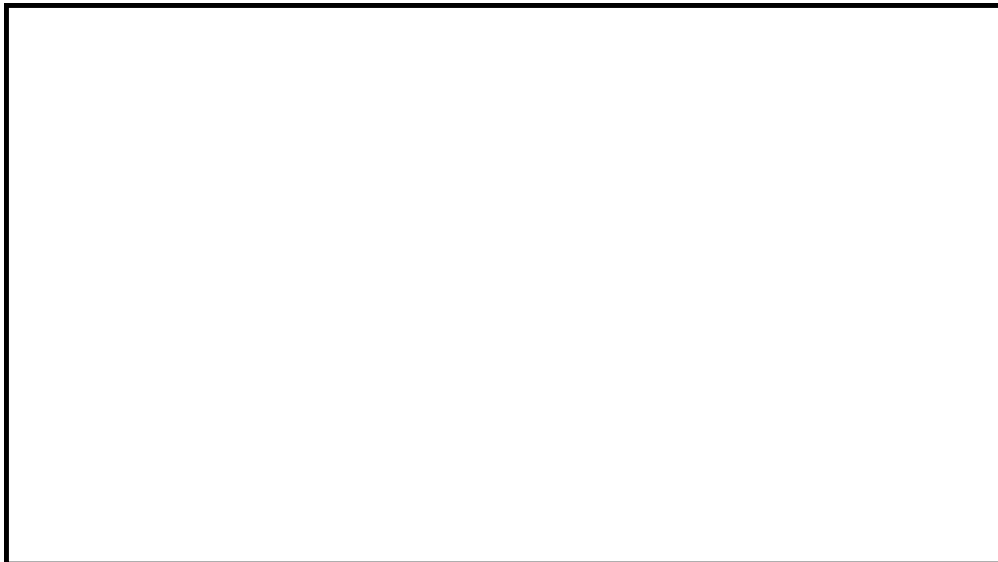
Did I notice a boundary problem in my relationships this past year?
How can I better set boundaries?

A large, empty rectangular box with a black border, intended for the user to write their response to the first question.

How can I be a better spouse, friend, mentee, leader, mentor, or family member?

A large, empty rectangular box with a black border, intended for the user to write their response to the second question.

How intentional have I been about building strong, healthy relationships? How can I nurture my marriage and relationships better?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

How did I handle conflict this past year? How can I do better?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

Prayer Focus: Pray that you have wisdom and discernment for all your relationships. Ask for the courage to set boundaries or end relationships where needed.

Finances, Career, and Business

Aim: To assess and improve your performance at your job, business, and finances.

Meditate on Luke 16:10 – Whoever can be trusted with very little can also be trusted with much.

Journal Prompts:

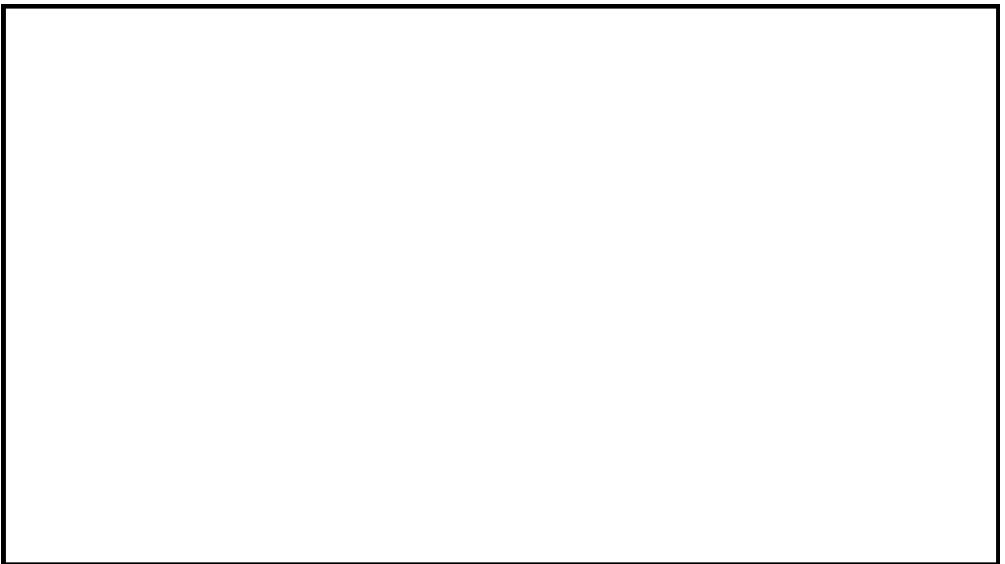
How did I manage money this past year? What do I need to do to better manage money this new year?

A large, empty rectangular box with a black border, intended for journaling or writing responses to the prompts above.


What is my top financial goal for this new year?




How can I rate my overall performance at work? What contributed to making it so (whether good or bad)?



What one word can I use to describe how I handled my job or business this past year? What word do I want to have next year?



Are there unnecessary recurring expenses I need to get rid of?



Prayer Focus: Ask for wisdom to manage your resources properly. Pray that God will bless your job or business.

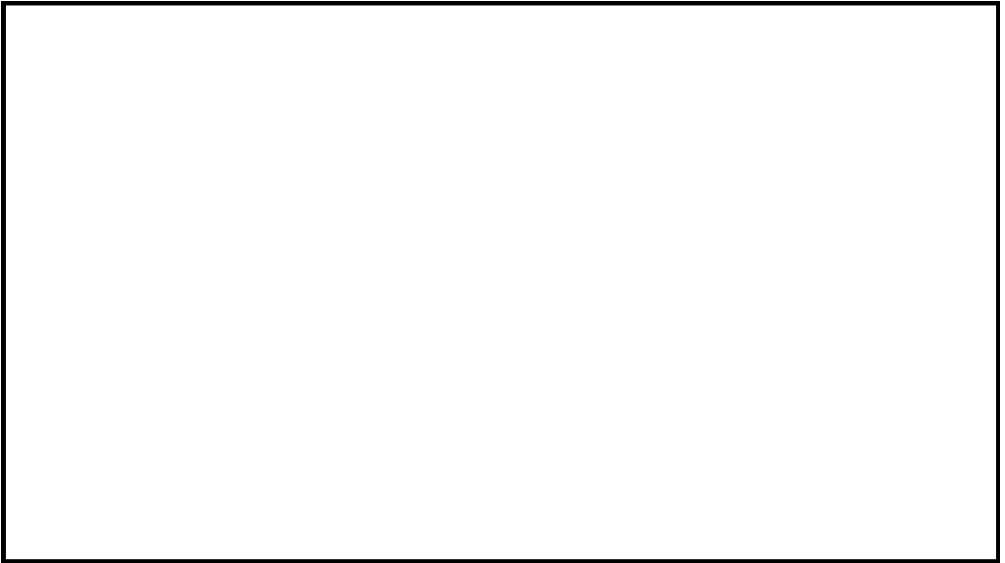
Future Goals and Vision

Aim: To plan for your new year and align them with God's design for you.

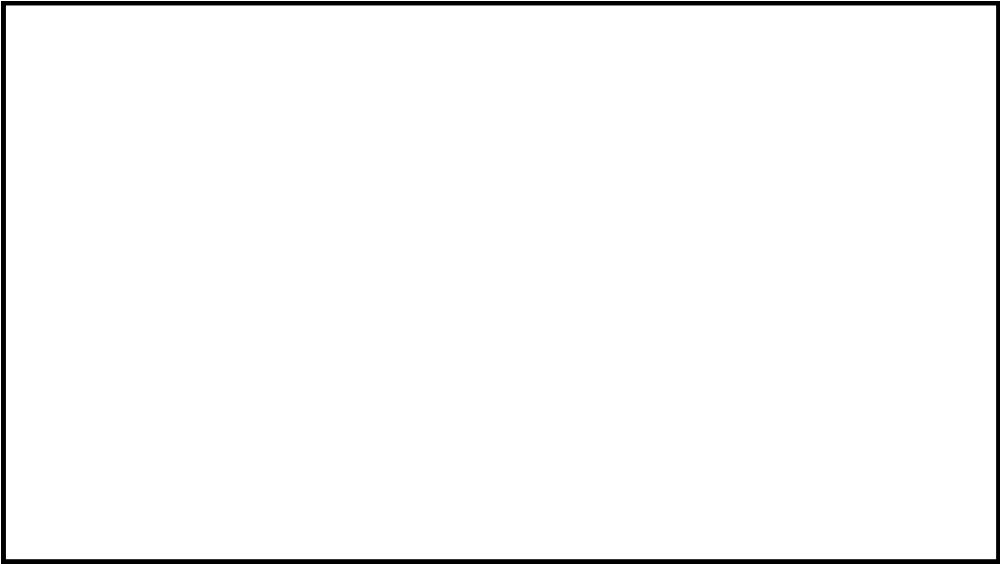
Meditate on Habakkuk 2:2 – Write the vision and make it plain.

Journal Prompts:

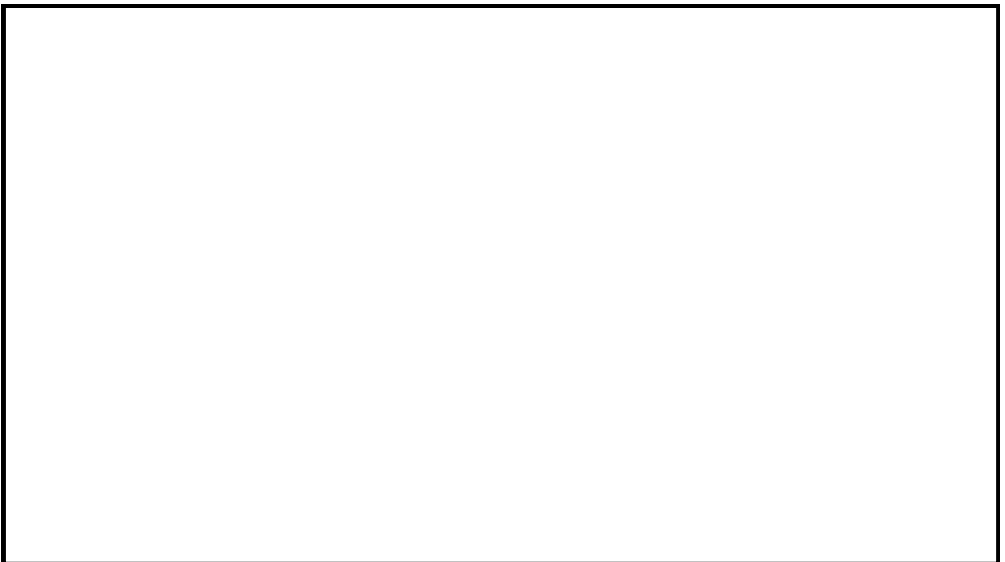
What one-word theme or focus will most predominantly define my next year?



What goals do I want to achieve in the different areas of my life by the end of this new year?

A large, empty rectangular box with a black border, intended for the user to write their goals for the new year.

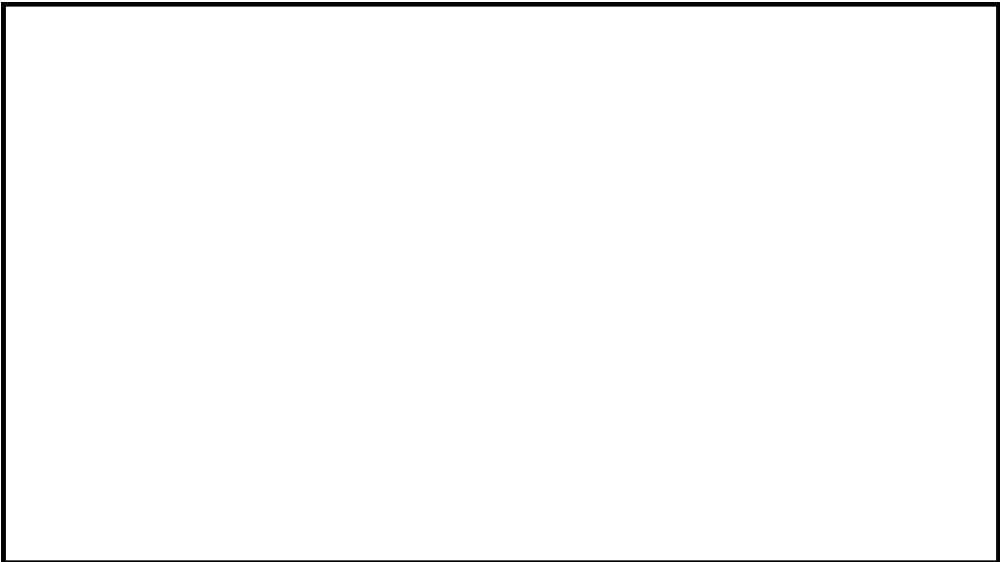
What is that one thing that would entirely transform my life if I accomplished it this new season?

A large, empty rectangular box with a black border, intended for the user to write the one thing that would transform their life.

How can I show up at my best daily in the different areas of my life this new season?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

What scripture does God want me to anchor my life on in this new season?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

Prayer Focus: Ask that God establishes your plans and gives you staying power to accomplish them.

ACTION PLAN

Write a letter to yourself for next year. Let it be a summary of your expected biggest takeaways and goals. Send it to a trusted friend and remind them to send it back to you on your next birthday.

Pick 3 action steps to take immediately. Ensure they cover the major areas where you need improvement.

Close in worship or thanksgiving and celebrate all God has done.

You can take a nap or stroll through nature to help your mind utilize all the information you've just gathered.

Write to me at [meh@intentionallylivingwithmeh.com](mailto:meb@intentionallylivingwithmeh.com). I want to hear your experience with this journal.