

Starting Your Year Right: A Gentle
Faith & Wellness Checklist
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Start Your Year Right: A New Beginning With God

1. Begin With God

- ☐ Start the day with prayer
- ☐ Read a scripture that centers your heart
 - ☐ Invite God into your plans

2. Reflect on Last Year

- ☐ Identify what strengthened you
 - ☐ Release what drained you
- ☐ Thank God for what He carried you through

3. Set Heart-Aligned Intentions

- ☐ Choose one spiritual intention
- ☐ Choose one emotional intention
- ☐ Choose one physical wellness intention

4. Create Grounding Rituals

- ☐ Morning or evening quiet time
 - ☐ Gratitude list
- ☐ A moment of stillness or deep breathing

5. Release What You Cannot Control

- ☐ Surrender fears to God
- ☐ Let go of unrealistic expectations
- ☐ Practice grace toward yourself

6. Choose Joy on Purpose

- ☐ Celebrate one small win
- ☐ Notice one beautiful moment
- ☐ Speak one affirmation of hope

7. Surround Yourself With Encouragement

- ☐ Connect with someone uplifting
 - ☐ Read something inspiring
- ☐ Create a peaceful environment

Reflection:

What is God inviting me into this year?

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A new year is more than a date on the calendar — it's an invitation from God to begin again. No matter what last year held, God meets you in this moment with fresh mercy, renewed strength, and a gentle reminder that He is already in your tomorrow.

Scripture Meditation

“Behold, I am doing a new thing; now it springs forth, do you not perceive it?” — Isaiah 43:19

God is always working, even in the quiet places of your life. Sometimes the “new thing” He is doing begins not with big changes, but with small shifts — a softened heart, a clearer mind, a renewed desire to seek Him.

Reflection

Starting your year right doesn't require perfection. It simply requires presence — your willingness to pause, breathe, and invite God into your plans. When you begin with Him, everything else finds its place.

Ask yourself:

- What is God asking me to release
 - What is He asking me to trust
 - What is He awakening within me

Prayer

God, thank You for the gift of a new year.

Guide my steps, calm my heart, and align my desires with Your will.

Help me release what no longer serves me and embrace the new things You are preparing.

Fill this year with Your peace, Your wisdom, and Your presence.

Amen.

Journaling Prompt:

What do I want to carry into this new year — and what do I need to leave behind?