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CREATIVE FAITH & CO *magazine*



How to pick your
word of the year &
set goals

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8 things you can add to
your wellness planners
and journals

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planning and
journaling

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Hella from Hillary!



Happy 2023! Although I know we are a few weeks into the new year, it is still January, and in my mind there is still plenty of time to reflect on 2022 and plan and pray for 2023. Throughout this month I have been setting up my new planners for the year, cleaning, organizing, and getting ready for all God has for me in the new year.

I am excited to welcome you to the second edition of the Creative Faith & Co. magazine. I pray you love this free digital magazine. It is full of articles, ideas and inspiration for this season. Did you miss the first one? Click **HERE** to check out our digital magazine archive.

Do you follow Creative Faith & Co. in all the places? Be sure to find us in each spot on the internet for more:

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Stay tuned for more FREE digital magazines from Creative Faith & Co. Do you have any article ideas? Be sure to send me an email. I would love to hear them: hillary@creativefaithco.com

God has good things ahead for this new year! May we both grow closer to Him.

*Much love,
Hillary*

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List of 8 things you can add to your wellness planners and journals, plus 2 reasons it is important to keep track of and document your wellness journey

How to Pick your Word of the Year & Set Goals

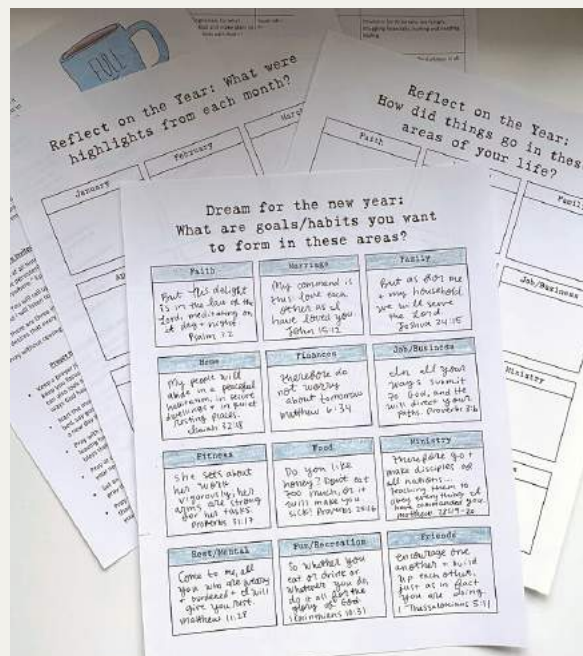
Are you ready for the new year? How do you finish the year well and pray and plan for the year ahead? I wanted to walk you through my three-step process and give you some printables and resources to help you along the way.

How to set Christian goals for the new year:

Step 1: Pray and ask God to direct you! Ask God to put a word on your heart and in your path for what He wants you to focus on for the new year ahead.

Step 2: Reflect on the year that's ending – It's important to think about all the ways God was faithful in the past year. It is important to document what God did, what He taught you, the hard moments, the wonderful moments. During challenging times, we need to look back and be reminded of God's faithfulness.

"We thank You, O God! We give thanks because You are near. People everywhere tell of Your wonderful deeds." Psalm 75:1



- Make a list of the 12 months of the year: What were the highlights of each month? What went well? What was challenging? What were your favorite memories? What did God teach you?
- Look at your life in 12 categories and do the same! Reflect on what went well and what was challenging about those areas: Faith, marriage, family, home, finances, fitness, food, job/business, ministry, rest/mental, fun/recreation, friends



Step 3: Pray, dream, and plan for the new year ahead:

Remember: We can make our plans, but the Lord determines our steps. Proverbs 16:9

- Look at those same 12 categories and set goals in each of them. Think about what habits and rhythms you want to form in those areas: Faith, marriage, family, home, finances, fitness, food, job/business, ministry, rest/mental, fun/recreation, friends
- Make a Pinterest board with pictures to represent your goals for the year! Click the year to see the Pinterest board I made with images: 2023 / 2019 / 2018
- Print the pictures on white sticker paper and add them to the front of your planner to reference and look at during the year.
- After reflecting and praying and dreaming, look for overarching themes. Use those themes and prayer to help you pick a word for your year! What does God want you to focus on for the year ahead? Ask Him to make it clear! Ask Him to put signs and songs and images and verses in your path to make it clear what He wants you to do in the new year.

CLICK HERE
TO DOWNLOAD FREE
PRINTABLE

CLICK HERE
TO WATCH
COORDINATING
VIDEO

CLICK HERE
TO PURCHASE
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Word of the Year Journal Ideas

What to add to your Word of the Year journal:

I like putting together a journal for my word of the year to document what God taught me about that word throughout the year. You can use a

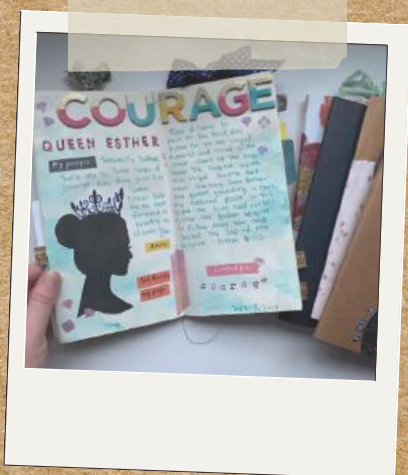
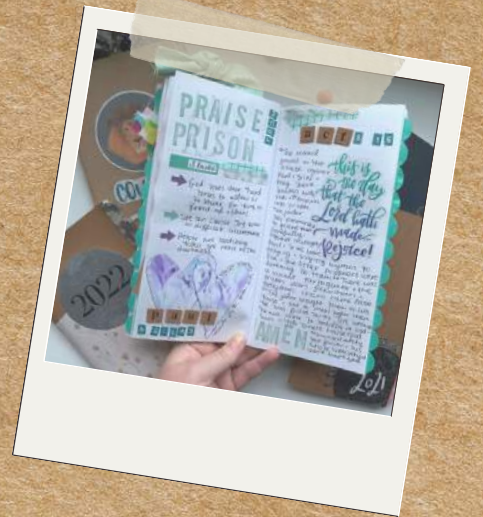
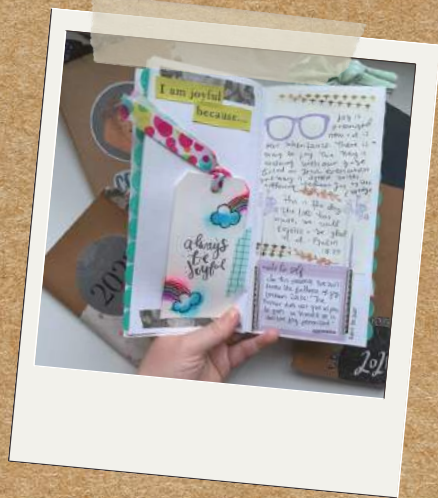
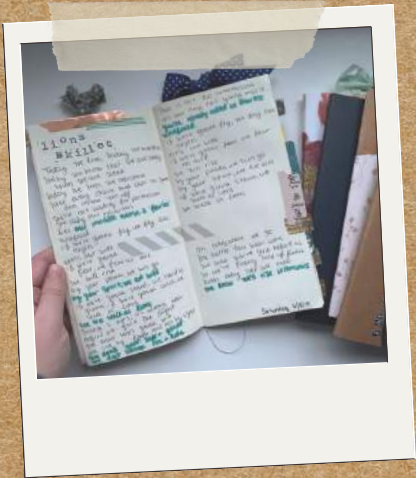
I have a few YouTube videos from years past sharing how I set up my word of the year journal and flip throughs. Watch these for inspiration!

- 2018: Courage (click [HERE](#) for full flip through video)
- 2020: Joy & sacrifice (click [HERE](#) for word of the year set up video)
- 2021: Joy & strength (click [HERE](#) for word of the year set up video)
- 2022: Grace, peace & joy (click [HERE](#) for word of the year set up video)
- 2023: Trust (set up video coming soon!)

1. Definitions of your word of the year
2. Songs about your word
3. Bible verses that contain your word
4. Stories from the Bible about people who displayed/showed that word
5. Quotes about your word
6. Photos about your word
7. Photos from your yearly memories with examples of that word



Examples from my past word of the year journals



Journaling Prompts for Reflecting on 2022:

1. How did God provide for you in 2022?
2. What prayers did God answer in 2022?
3. What were highlights and good moments from 2022?
4. Who cheered you on in 2022? Who can you thank for pouring into your life?
5. What surprises did God have for you in 2022?

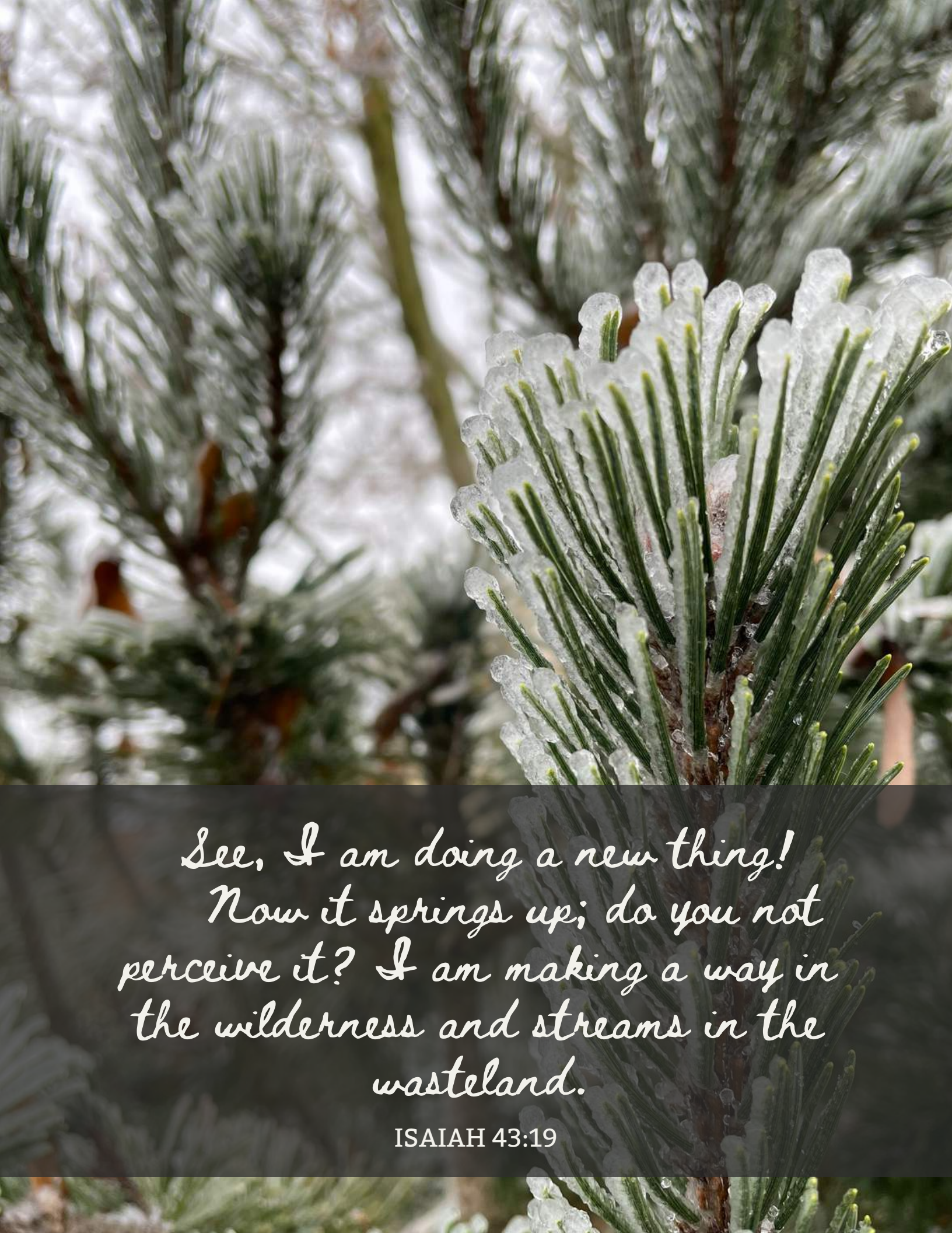
Journaling Prompts for Praying & Dreaming for 2023:

1. What are you excited for in the new year?
2. What are you scared about in 2023? Write a prayer and give those cares and worries to the Lord.
3. What Bible verses will you cling to in 2023?
4. How can you love God and love your neighbor this year?
5. Whose life can you pour into and encourage in 2023?



Use this page to journal
about the prompts:





*See, I am doing a new thing!
Now it springs up; do you not
perceive it? I am making a way in
the wilderness and streams in the
wasteland.*

ISAIAH 43:19

Are you looking for a winter Bible study printables? Check out my Seasons of Prayer: Winter collection! This devotion and Scripture writing plan is all about light in the darkness, perfect for the darkest part of the year. These pages are ready for you to download, print, and use in your projects!



CLICK HERE
TO SHOP DEVOTION

CLICK HERE
TO SHOP TN PAGES

CLICK HERE
TO SHOP SCRIPTURE
WRITING

“

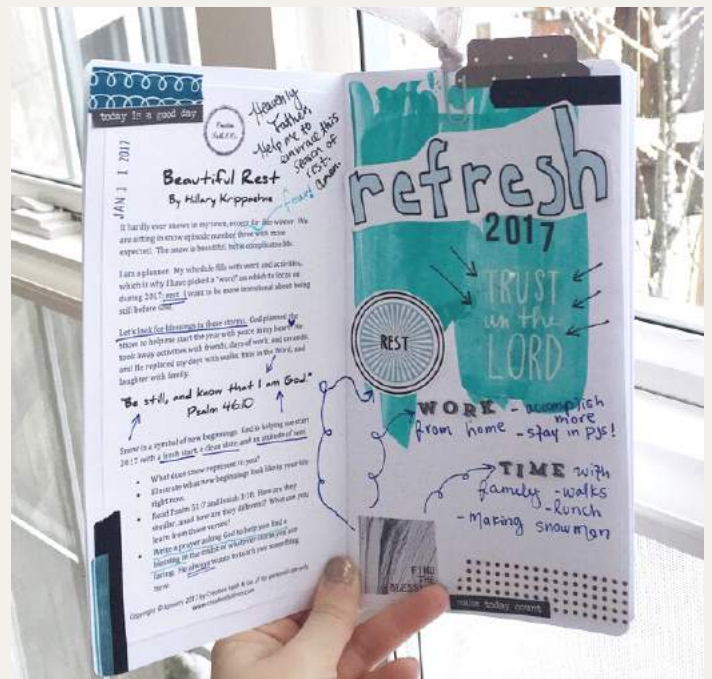
Goals for the New Year:

- 1) Love God and love my neighbor*
- 2) Read more of the Bible! Get in God's Word*
- 3) Pray without ceasing*
- 4) Be bold & share the gospel*
- 5) Give thanks always*

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”

Free Bible Study Devotion: Beautiful Rest



It hardly ever snows in my town, except for this winter. We are sitting in snow episode number three with more expected. The snow is beautiful, but it complicates life.

I am a planner. My schedule fills with work and activities, which is why I have picked a “word” on which to focus on during 2017: rest. I want to be more intentional about being still before God.

Let’s look for blessings in these storms. God planned the snow to help me start the year with peace in my heart. He took away activities with friends, days of work, and errands, and He replaced my days with walks, time in the Word, and laughter with family.



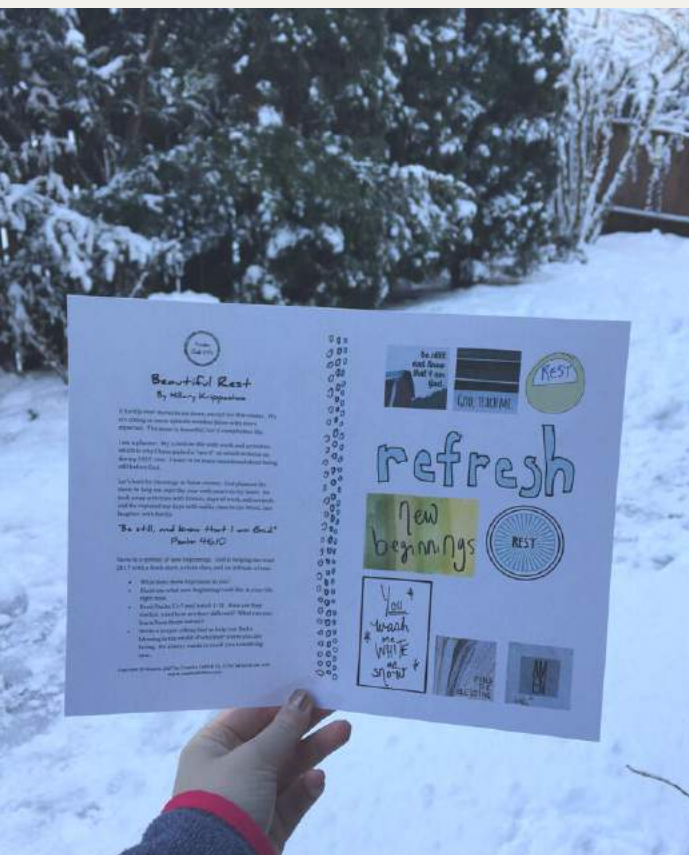


*"Be still, and know
that I am God."
Psalm 46:10*

Snow is a symbol of new beginnings. God is helping me start 2017 with a fresh start, a clean slate, and an attitude of rest.

Going Deeper:

1. What does snow represent to you?
2. Illustrate what new beginnings look like in your life right now.
3. Read Psalm 51:7 and Isaiah 1:18. How are they similar, and how are they different? What can you learn from those verses?
4. Write a prayer asking God to help you find a blessing in the midst of whatever storm you are facing. He always wants to teach you something new.



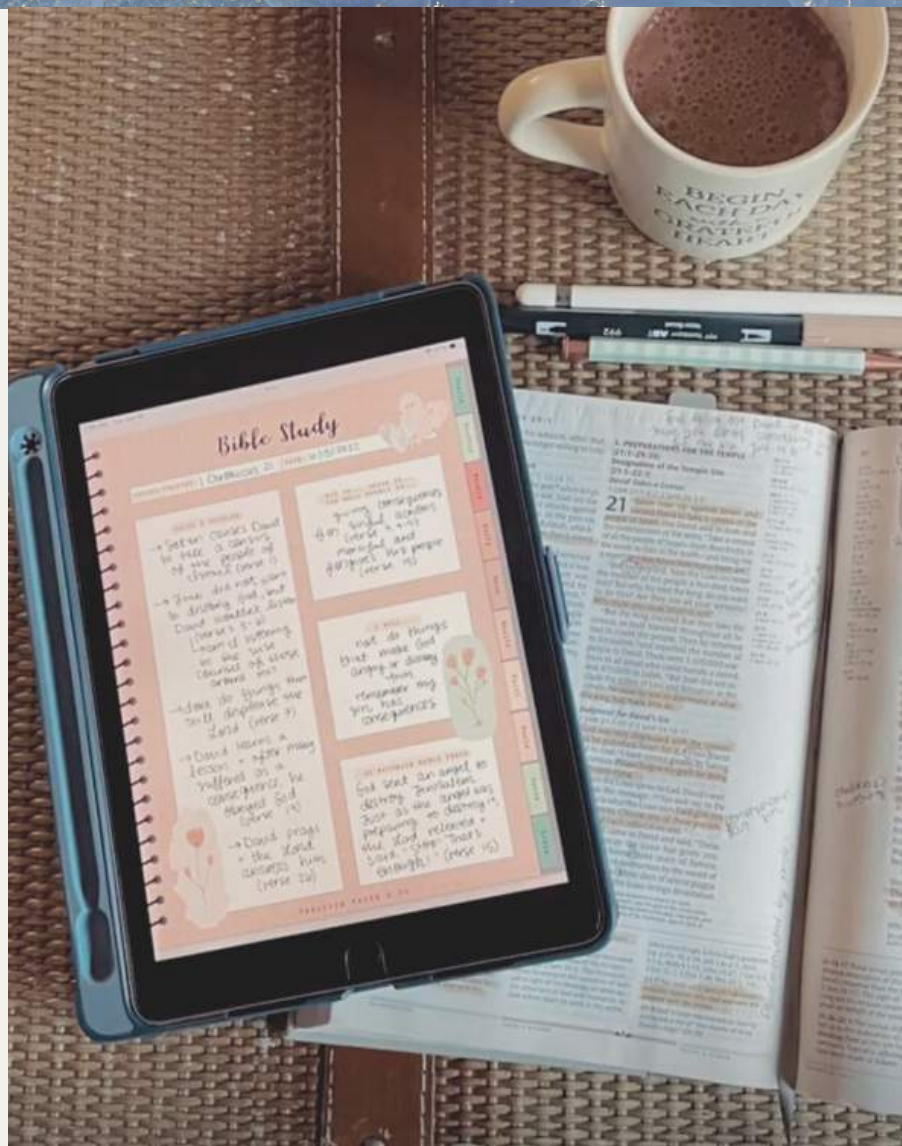
CLICK HERE TO
DOWNLOAD THIS
FREE DEVOTION

As the rain and the snow come down from heaven, and do not return to it without watering the earth, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.

ISAIAH 55:10-11



Bible study tip! I'm reading the whole Bible this year!

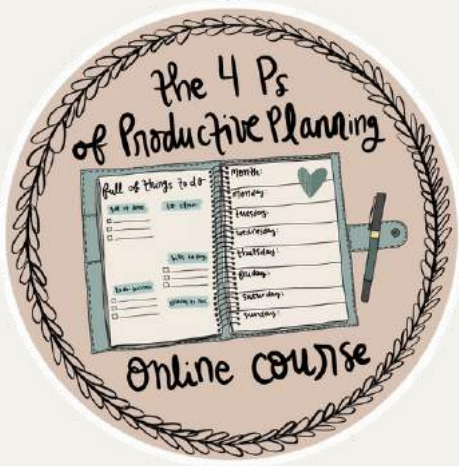


This year I am reading through the whole Bible! I have been learning a lot. Click [HERE](#) to see a YouTube video with more information about what I am using.

Want to know how I've stayed consistent so far? I do not touch my cellphone until I've read! The Bible is how God speaks to you. Be sure you're opening it each day.

I am working on an online course all about how to study the Bible. Stay tuned for the release date and more information.

Do you struggle to get organized and be productive? Do you look at your week ahead and feel overwhelmed? Are you looking for a system to help you accomplish the many tasks you have? I have a solution for you! Join the 4 Ps of Productive Planning online course!



To join for 30% off through 1/30/23, use code: **newyear30**

Includes printables for decorating your planners!



Comes with patterned papers to use in your planning



4 video lessons to watch and learn from



Comes with printable planner pages

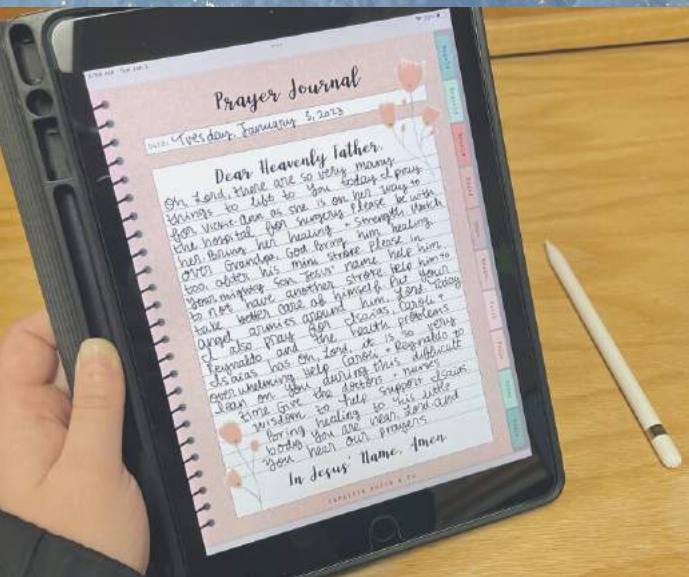


The 4 P's of Productive Planning Online Course comes with:

- Self-paced course
- 4 video lessons
- Course workbook
- Printable planner pages
- BONUS 50+ pages of printables: Bible verse cards, prayer cards, decorative planner elements (hearts, checklists, boxes, etc.)

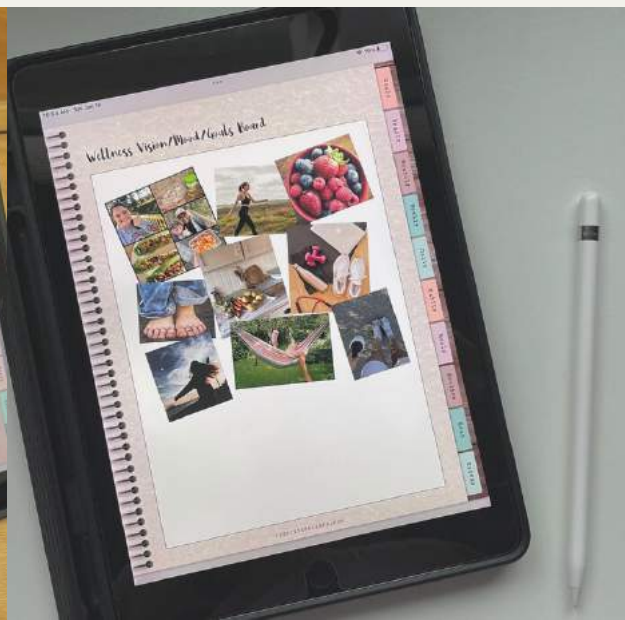
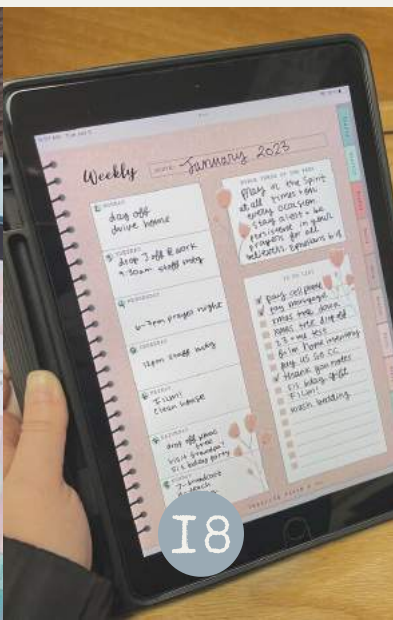
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[CLICK HERE TO JOIN](#)



4 Reasons You Should Try Digital Planning

- 1. Saves time:** Although I love setting up and decorating my planners, it does take a bit of time. Having a digital planner means everything is already set up for you! The Creative Faith floral digital planner is even decorated for you already.
- 2. Fun way to get creative:** It is so fun to play with new stickers, planners, and journals. Exploring digital planning has been fun as I learn about digital stickers, adding photos and more.
- 3. Saves space:** Do you have a crafty space? Does it take up a lot of room? Think of the space you would save if everything was on your iPad or tablet!
- 4. Saves money:** Each year it costs money to purchase a new physical planner. Digital planners can be reused again and again!



Learn more about digital planning

I have several "flip through" videos on the Creative Faith YouTube channel of what these planners look like inside! I even have a plan with me video. Click below to learn more.

[CLICK HERE FOR FLORAL PLANNER FLIP THROUGH](#)

[CLICK HERE FOR DIGITAL PLANNER PLAN WITH ME](#)

[CLICK HERE FOR CHRISTMAS JOURNAL FLIP THROUGH](#)

[CLICK HERE FOR WELLNESS PLANNER FLIP THROUGH](#)

Follow me on Pinterest! I have a whole Pinterest board dedicated to digital planning. There are pictures, videos, and tons of inspiration that will make you want to try it out! Click the button below to head to that Pinterest board.

[CLICK HERE FOR PINTEREST INSPIRATION](#)

May the God of
hope fill you with
all joy and peace as
you trust in him,
so that you may
overflow with hope
by the power of the
Holy Spirit.

ROMANS 15:13

The Importance of Wellness Journaling & Planning

Throughout my life I have always struggled with wellness, exercise, eating healthy, etc. Are you in the same boat? At the end of 2021 I created a wellness journaling and planning online course. God launched me into a wellness journey throughout 2022. He has taught me so much about discipline, self control, priorities, and most of all being the healthiest version of me so I can serve Him with all my heart, mind, soul and strength.

2 reasons why you need to keep a wellness planner and journal

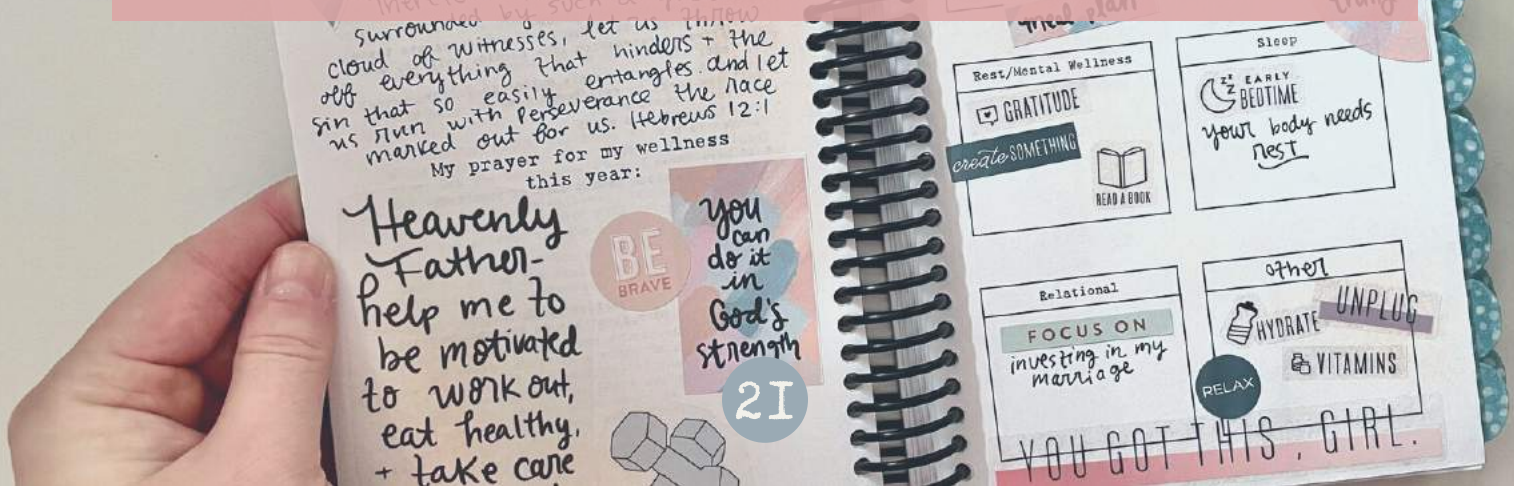
1. Accountability! You are so much more likely to accomplish your goals if you write them down. It is extremely satisfying to mark off wellness progress on a habit tracker and see little steps moving forward.
2. It makes your wellness journey more enjoyable and helps you have fun and get creative.

“

Your health is impacted by what you put in your body, what you put on your body, and what you put around your body.

@creativefaithco

”





Things to Add to Your Wellness Planner and Journal Pages

1. Lists of favorite YouTube videos you like to use to work out
2. Prayers for your wellness/fitness journey
3. Favorite Bible verses about wellness
4. Before/after pictures
5. Pictures of your favorite healthy meals
6. Favorite healthy recipes
7. Ticket stubs from hikes, or trips to the gym
8. Screen shots of step counting apps or apple watch



Ways to decorate wellness planner/journal pages:

1. Washi tape
2. Printables
3. Photos
4. Magazine clippings
5. Stickers
6. Scrapbook paper/patterned paper
7. Stamps
8. Journaling cards
9. Die cuts
10. Sticky notes



Use this page to journal about the prompts:



On a scale of 1-10, how well have you been doing at taking care of your body and mind?

1 2 3 4 5 6 7 8 9 10

What areas of wellness do you do well in? (Circle them)

FOOD FITNESS REST ELECTRONIC USE MENTAL
SELF TALK SLEEP RELATIONAL GRATITUDE

What areas of wellness do you need to improve on? (Circle them)

FOOD FITNESS REST ELECTRONIC USE MENTAL
SELF TALK SLEEP RELATIONAL GRATITUDE

What are your wellness goals for 2023?



Are you struggling with working out and eating healthy? Are you looking for a way to creatively document your wellness journey? Are you looking for a Community of Christian women looking to focus on their wellness? I have a solution for you! Join the Wellness Journaling & Planning Online Course!



To join for
30% off
through
1/30/23,
use code:
newyear30

*Let's go on a wellness
journey together!*

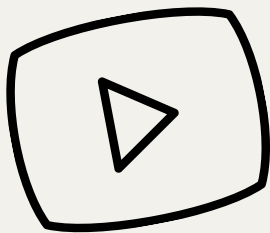
Wellness Journaling & Planning Online Course comes with:

- Self-paced course
- 14+ video lessons
- Course workbook
- 99+ pages of printables
- Private Facebook group of

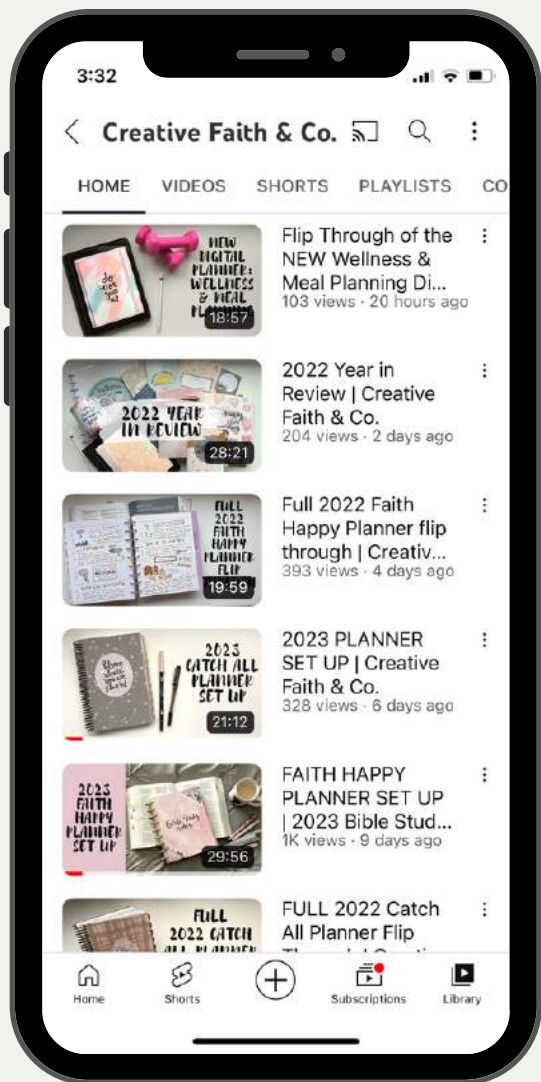
Creative Faith wellness warriors
& more!

[CLICK HERE
TO LEARN MORE](#)

[CLICK HERE
TO JOIN](#)



Have you missed any of the latest Creative Faith & Co. YouTube videos? New ones drop every Tuesday and Saturday!



2023 Faith Happy Planner set up for Bible study notes



FULL 2022 catch all planner flip through: tons of planning ideas!



2023 bullet journal set up for Creative Faith business planning



CLICK HERE TO SUBSCRIBE



Reviews & Testimonials



This Bible study notebook helps me organize my studying! I often get overwhelmed and want to go in 20 directions at once! This helps me focus!

Megan from Ohio



Beautiful colors, love these sticky notes! Shipping was super fast too!

Elisabeth from Florida



I am so grateful that I ordered this kit. I love how it keeps me in God's Word daily and helps me to read and reflect. I love the whole idea of scripture writing to keep God's words close to my heart. And I love all of the extra special items included to help me with my journaling.

Virna from Illinois

*Stay tuned
for the next
edition of
the Creative
Faith & Co.
magazine!*

