



MARCH

JOURNAL PROMPTS

1. How are you today... Really?
2. What is inspiring you right now?
3. What is a good habit you want to start? Share why
4. What is a habit you want to break? Share why
5. What do you love about Spring
6. Describe last month in one word. Why did you pick this word?
7. What do you do to relax?
8. What's one thing you can't live without right now?
9. If you could take a dream spring break trip, where would you go?
10. Who are 3 people you could encourage this month? List ways you can do this and make it happen.
11. What quote, scripture, verse or words that have recently inspired you? Why?
12. One thing you can start doing today that your future self would be happy about?
13. What are you currently procrastinating on?
14. What are you thankful for today?
15. List ways you can show yourself love
16. What are you dreaming about?
17. Write down 3 good things that happened today.
18. What's the status of your 2019 Goals? What actions can you take towards them this month?
19. Write what's on your heart today.
20. Favorite song that's in heavy rotation. Why this song?
21. What's on your bucket list for Spring?
22. Name someone that inspires you that you've never met but would love to meet. Why this person?
23. Share 5 things you've learned so far in 2019?
24. List 5 things you're good at
25. What makes you feel strong?
26. What's one thing that made you happy today.
27. I want more of..
28. What does success look like for you?
29. I deserve....
30. 3 successes and challenges from this month.
31. What are you looking forward to next month?