



APRIL

JOURNAL PROMPTS

1. What are your favorite Easter traditions?
2. What new Easter traditions do you want to start
3. If you could have one superpower, what would it be? Why did you choose that superpower?
4. What are you excited about today?
5. What's the best meal you've ever had?
6. How are you feeling today?
7. What comes easy to you? What's a challenge for you?
8. Favorite song on your playlist right now
9. List five victories you want to celebrate
10. Goals check in: What's on track? What's off track? How can you keep going with your goals?
11. Five things on my Spring Bucket List
12. Today I wish...
13. What are your top 3 priorities this month
14. 10 things I'm grateful for
15. What's your favorite TV show right now and why?
16. 5 things that made you smile this week?
17. Who inspires you and why?
18. My happy place is...
19. I am hoping for...
20. What do you appreciate today? (People, places or things)
21. What's your favorite Easter memory
22. Something I want to learn
23. One thing I want to do over
24. A lesson learning this week
25. I hate when...
26. I love when...
27. What's your favorite thing about Spring
28. Write out all the things that happened today
29. What are you distracted by right now? How can you change that?
30. Favorite cuisine and why?