

March

JOURNAL PROMPTS

1. List what you do to get yourself focused to start a project or task.

2. One goal I want to focus on this month?

3. What do I want more of this month?

4. What do I want less of this month?

5. Make a list of where and what you spent your time on last month, is there anything you want to do differently this month?

6. One thing I'm leaving behind in February? Why?

7. Three things I value right now and share why you value them.

8. What area of my life needs more of my attention? One thing I can do now to make this happen?

9. What am I looking forward to this Spring?

10. List five things on my bucket list to do this Spring.

11. What are three things I'm currently learning?

12. If I could take a big Spring Break trip with all expenses paid, where would I go? What would I do?

13. What is one thing that is challenging you right now?

14. What's one thing you are excited about right now?

15. List the people who are part of your support system. How can you love on them this month?