

RE-EMERGING INTO SPRING

31 Gentle Prompts for March

Open a window and let fresh air move through your home	Notice one small sign of spring outside	Tidy one small surface — no more than that	Take a slow walk and notice what's beginning to change	Let daylight guide your pace today	Make a warm drink and enjoy it without multitasking	Write down three things you're quietly hopeful about
Clear out one drawer or basket gently	Spend ten minutes outdoors, wrapped up if needed	Cook something simple and nourishing	Light a candle as evening falls	Let go of one expectation that feels heavy	Open the curtains early and welcome the light	Choose one area of your home to refresh this season
Write about how winter shaped you	Do one thing slowly, on purpose	Swap one winter item for something lighter	Notice how the days are stretching	Sit quietly and breathe for five minutes	Wash something that brings comfort (a throw, cushion, scarf)	Make a gentle plan for the coming weeks
Declutter one thing you no longer need	Enjoy a moment of silence	Write about what you want this season to feel like	Do something creative, even briefly	Revisit a routine that grounds you	Spend time with someone who feels steady	Clean something that signals a fresh start
Look back on winter with kindness	Prepare your home for lighter days ahead	Set a soft intention for spring				

Daily Reflection

Today I am grateful for these three things...

- 1.
- 2.
- 3.

Date:

Water:

Exercise:

Today, this good thing happened to me and I appreciate it because:

Today, this not so good thing happened to me and this is how I handled it:

Today, this thing made me happy:

Today, I discovered this about myself:

DAILY REFLECTION JOURNAL

Date ____ / ____ / ____

MOOD TRACKER

Choose a face



Add a description

Highlights of the day

01	
02	
03	
04	
05	
06	
07	

Gratitude List

What I learned today

Goals for tomorrow

Daily Reflection

Today I am grateful for these three things...

- 1.
- 2.
- 3.

Date:

Water:

Exercise:

Today, this good thing happened to me and I appreciate it because:

Today, this not so good thing happened to me and this is how I handled it:

Today, this thing made me happy:

Today, I discovered this about myself:





