



MARCH

Journaling Reflections

GENTLE PROMPTS TO WELCOME
GROWTH, FRESH AIR & NEW BEGINNINGS

*Take a moment to slow down, breathe deeply
and reflect on this season of awakening.
Let these prompts guide you to notice,
dream and take gentle steps forward.*



What are you most looking forward to this March?



What signs of spring or new life are you noticing around you?



What would you like to grow or nurture this season?



What feels fresh, exciting or inspiring to you right now?



What do you want to let go of to make space for what's next?



How can you spend more time outdoors or connecting with nature?



What small changes could bring more joy, ease or beauty into your days?



What dreams, plans or projects are you excited to revisit or begin?



Who or what brings you energy and positivity right now?



What intention would you like to hold close as you move into spring?



A LITTLE NOTE TO YOUR FUTURE SELF



*May your March be filled with fresh air, open hearts
and the joy of new beginnings.*

