



APRIL *in Bloom*

JOURNALING & REFLECTIONS

*Spring is a season of becoming. Take time to pause,
observe and nurture what matters most.
Let your reflections grow like blossoms,
and your days be filled with joy and possibility.*



- ♥ What are you most looking forward to this April?

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

- ♥ What would you like to grow or nurture this month?

- ♥ What brings you joy, peace or a sense of renewal right now?

- ♥ How can you spend more time outdoors or in nature this month?

- ♥ What small changes could bring more beauty or ease into your days?

- ♥ What are you ready to let go of to make space for what's next?

- ♥ What goals, dreams or projects are you excited to focus on?

- ♥ Who or what are you grateful for as April begins?

- ♥ What intention would you like to carry with you through this month?



A NOTE TO YOUR FUTURE SELF

*May your April be filled with sunshine, fresh air,
beautiful moments and all the joy
that spring has to offer.*

