Our Little House
in the Country

APRIL

Living in the Fullness of Spring

30 Gentle Prompts for
a More Intentional Month

1  Welcome April with gratitude for returning light.	2  Bring fresh flowers or greenery into your home.	3  Spend time outdoors and notice colour around you.	4  Prepare something simple for Easter or spring celebrations.	5  Open the windows and let your home breathe.	6  Tidy your table, windowsill, or front door area.	7  Do something playful or light-hearted.
8  Cook or bake something that feels like spring.	9  Sit in sunshine, even briefly.	10  Refresh a space that's been heavy with winter.	11  Write about what feels like it's blooming in your life.	12  Take a longer walk and enjoy the air.	13  Create a calm morning or evening ritual.	14  Celebrate a small seasonal tradition.
15  Rest without guilt.	16  Tend gently to your home or garden.	17  Let go of something that feels outdated.	18  Notice how your energy has shifted since winter.	19  Make space for something new.	20  Reconnect with nature in a simple way.	21  Enjoy a slower, more mindful meal.
22  Freshen your kitchen or living space.	23  Reflect on what renewal means to you.	24  Do something that brings quiet joy.	25  Write a list of what you want more of this season.	26  Wear something that feels light or colourful.	27  Spend intentional time with loved ones.	28  Pause and check in with yourself.
29  Look ahead to late spring with openness.	30  Set an intention for the months ahead.					



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30 Gentle Ideas *for April*

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A MORE INTENTIONAL MONTH

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APRIL *Reflections*

JOURNALING PROMPTS FOR A
MINDFUL, GRATEFUL APRIL

1. What signs of spring have I noticed this month?

2. What am I feeling grateful for in my life right now?

3. What has brought me simple joy lately?

4. How can I create more calm and balance this month?

5. What would I like to focus on in the weeks ahead?

6. My intention for April is...