

Spring Journal Prompts



1. What are 3 new things you'd like to try?
2. What are 3 things you'd like to open your heart to?
3. What are 3 ways you can give back or pay it forward?
4. What are 3 ways that you can improve your health?
5. What are 3 ways that you can become more fulfilled or accomplished at work?
6. What are 3 (healthy and safe) risks that you can take to help you feel enriched and fulfilled?
7. Think about your dream trip. How can you fulfill some of the joys and experiences through a "staycation"?
8. Write down the names of 3 friends or family members you want to spend more time with or get to know better. What are some ways you can deepen your bonds?
9. Who do you need to set healthy limits with this spring? How will you make sure to protect yourself? How will you communicate your boundaries?
10. Who do you need to forgive? How can you do this while also honoring your pain?
11. Who do you need to apologize to? What lesson was learned or how were you changed?
12. What are 3 ways that you can be kinder to yourself each day?
13. What are 3 ways you can make sure to slow down, be present, and rejuvenate your spirit?
14. What are 3 ways you plan to take more responsibility?
15. What are 3 things or people you are most grateful for? How can you show more gratitude to or for them?
16. How can you improve or re-evaluate your daily routine?
17. What (physical, social mental, spiritual, or emotional) self-care practices can you begin or continue?