

20

March

Journal Prompts

- What do you want to accomplish this month?
- What does health look like to you?
- What does success look like for you? "I know I'm being successful when...."
- What brings you joy?
- How can you spread kindness today?
- What is 1 thing you've always wanted to learn?
- Who inspires you?
- What is 1 goal you can accomplish in the week ahead?
- What does peace look/feel like today?
- What does self care look/feel like today?
- List 3 things you love about your job?
- What is something new you will do today?
- Today, I will have fun by...
- Write down 3 dreams you have
- What did you accomplish recently that you are proud of?
- What are your values?
- Who can you encourage today?
- What is 1 thing that you'd like to be different by this time next year?
- List 5 traits that you love about yourself.
- List 5 things you're good at