

March

Journaling Prompts
By Letters by Kang

1. What are some unfinished tasks from February?
2. What did you have for dinner yesterday?
3. What is your favorite thing about March?
4. Where do you see yourself in 5 years?
5. Which one are you: professionally organized, organized chaos, or never-ending chaos?
6. What are some qualities you look at when you first meet someone?
7. How many unread emails do you have?
8. What makes your heart heavy today?
9. What are you grateful for but you often forget?
10. What is one of your fear that you haven't shared with anyone?
11. What do you like to drink the first thing in the morning?
12. What's the most recent movie or show that you watched?
13. What's something you should be doing but you are not?
14. What is a hobby that you no longer do?
15. What are three things that you can do today to improve yourself?
16. Share some wins from today.
17. What makes you cry?
18. If you can go back 5 years and tell yourself something, what would it be?
19. What do you like to collect?
20. What can you do this week that's just for you?
21. What's something that you are doing now that would be a complete surprise for your younger self?
22. What is occupying your mind right now?
23. If you can change the weather today, would you? If yes, what would you change to?
24. What do you do to calm your mind?
25. What's the last thing that you decluttered?
26. What is your favorite board game?
27. What is one thing that you can do today to be more confident tomorrow?
28. Who do you miss the most right now?
29. What have you given up recently that you didn't want to give up?
30. How are you doing spiritually?
31. What would you tell yourself 31 days ago?