



# March Journal Prompts

- 1.) How do you ~**REFRESH**~?
- 2.) What makes a house a home?
- 3.) If you could sit down with your older self, what would you ask?
- 4.) The best part of my day is \_\_\_\_\_.
- 5.) If you could have front row seats to any concert who would you see?
- 6.) Where would you most like to travel?
- 7.) What is one thing you can do to take care of yourself today? Write it down and make it happen.
- 8.) Do you compare yourself to others? – if so, what do you compare – physical traits, personality, etc.
- 9.) What do you wish you could do every day?
- 10.) What would you try if you had no fear?
- 11.) What's the best TV show/movie you've watched recently?
- 12.) How is life different one year into the **COVID-19** pandemic? How is it the same?
- 13.) Describe the view from your window.
- 14.) Which language would you like to speak fluently?
- 15.) If you were granted a wish, what would you wish for and why?
- 16.) What is one thing you're looking forward to?
- 17.) Would you rather meet your great great **grandparents** or your great great **grandchildren**?
- 18.) What do you think is the ideal age?
- 19.) Who are you thankful for in your life and how can you let them know?
- 20.) What are 3 things that made you laugh lately?
- 21.) Make a list of things you've been putting off and try to do one today.
- 22.) What's something that's made you sad lately?
- 23.) In what era would you most like to have grown up?
- 24.) List your **top 5 priorities** in life and how well you're investing in each.
- 25.) Who has inspired you as a mentor and why?
- 26.) Make a list of 7 rules that you live by.
- 27.) Are you blaming someone else for a problem that you are having right now? If so, who are you blaming, and for what problem?
- 28.) What song is a good soundtrack for your life right now?
- 29.) How would you like to spend your elder years?
- 30.) How are your year goals coming along?
- 31.) One word to describe your month.