

# 03

## /

# march

# journaling

# prompts

- 01 What was the last thing you talked about with your mother?
- 02 What is your favourite colour, and why?
- 03 When was the last time you did something reckless?
- 04 What do you love about summer?
- 05 What sort of dessert do you like in the evenings?
- 06 How would you describe yourself in less than 500 words?
- 07 Describe a moment from today that you want to remember always.
- 08 What are your favourite drinks?
- 09 What do you like to wear to bed?
- 10 What do you remember about your primary school days?
- 11 Write about three friendships of yours which you know are for life.
- 12 Name five people you admire, and discuss why.
- 13 Is there anything weighing on your heart right now?
- 14 Write about a grandparent with whom you connected.
- 15 What do you and your best mates like to do together?
- 16 How do you feel when it rains?
- 17 Who were some of your childhood heroes?
- 18 Write down one family recipe that you will cherish forever.
- 19 What do you usually do around three o'clock in the afternoon?
- 20 Describe a typical Monday.
- 21 What sort of adventures do you dream of going on?
- 22 Is there anything about yourself that you want to change?
- 23 Write about a recent dream that you've had.
- 24 Write about your favourite place to eat as a family.
- 25 How does your family usually celebrate birthdays?
- 26 How do you feel about motherhood?
- 27 Write down something funny that's happened this last week.
- 28 What are three things from this past month that have been stressful?
- 29 What are three things from this past month that has made you smile?
- 30 How are you feeling today?
- 31 What is your favourite thing about mornings right now?

MORE JOURNALING PROMPTS AVAILABLE AT OUR WEBSITE