



- What does March's energy feel like to you?
- What's something you can refresh this month?
- How did February go?
- Does March bring up any emotions for you that you need to work through?
- What's something new you can try this month?
- What does spring feel like to you?
- How can you bring more color to your life?
- What is your favorite way to connect with nature?
- What did you do today?
- What is something someone said to you lately that stirred up emotions (positive or negative)?
- When is the last time you took a break from social media?
- When the world feels heavy, how can you find your center and peace within yourself?
- How can you serve others?
- What is your favorite thing to do these days?
- Compare this March to last March. What has changed? What has stayed the same?
- What is something you're excited about?
- How do you remember or celebrate your heritage?
- How can you create peace in your world?
- What little things in life bring you joy?



MARCH JOURNAL PROMPTS

What is the last dream you remember? Write about it in detail.

What did you eat for breakfast?

What does your body need today?

How do you stay inspired?

What does your soul want to create more than anything?

Write a short note to a friend. Then send it!

Ask your Highest Self for a positive message. What is the first thing it says to you?

What are you reading right now? If you're not reading anything, what is something you want to read?

Just write. Don't judge what comes out. Just let it flow.

What is something beautiful that happened this month?

How can you be more open to receiving abundance?

What is something you're looking forward to in April?



MARCH AFFIRMATIONS



**I am excited
about the
future.**

**I bring
peace into
the world.**

**My Highest
Self knows
what is best
for me.**

**I am
creative.**

Here's how I will apply these affirmations to my life:

Create your own affirmations here:

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