

MARCH

1. What does March mean to you?
2. How has your life changed since last March?
3. What are you most looking forward to this spring?
4. How would you describe your current energy level?
5. Create a spring cleaning list for the mind, body and soul.
6. What is something new you want to try or learn this month?
7. What challenges are you currently facing?
8. What are you most grateful for that didn't happen?
9. What scares you most about letting go? Why?
10. How will your diet change as the weather gets warmer?
11. What are you afraid to know but you need to know?
12. Write a letter to your future self 6 months from now.
13. What's been occupying your mind?
14. Do a body scan. What message does your body have for you?
15. What's one belief you can release to improve your relationship with yourself and others?
16. What do you need to release from your mind?
17. Describe your surroundings. Is it in alignment with your future self? What might need to change?
18. What would happen if you continue to hold on to what you're mentally holding on to right now?
19. What is your idea of abundance?
20. How are the people in your life affecting your energy? What boundaries can you create to protect your energy?
21. Create a list of the things you love about yourself.
22. Which area of your life needs the most organisation?
23. How do you stay refreshed and rejuvenated? What specific activities do you do?
24. What was your favorite childhood spring break activity?
25. Write about a favorite family spring tradition.
26. What are some ways you can practice self-care this month?
27. Write about a place you would love to visit with your younger self.
28. What are some small ways you can make a positive impact on others?
29. Write about a time you felt truly happy.
30. How do you stay productive and organised?
31. What is something you're looking forward to in the next month?