

# March Journaling Prompts

@planwithilysse

If someone described me, what would they say?	What are ways I can spend quality time with loved ones this month?	What can I do today to cheer myself up?	What was the best thing that happened today?	What would I change about today?
What is something I am going to do that is nice for myself today?	What is a habit that I would like to start?	Write down 3 I AM affirmations	What is something I can do today to make tomorrow better?	What am I feeling apprehensive about?
How can I be kinder to myself?	What's a moment today that made me smile?	List the movies that make you feel good!	What am I looking forward to this month?	Write down the best things that happened in February
Who can I reach out to today? Now call/text them!	What's something in my life I may take for granted?	What time of day do I feel best? Why?	What never fails to motivate me?	What can I forgive myself for today?
What mood am I in right now? What's contributing to it?	What's a lesson that I learned this week?	What are my favorite 3 qualities about myself?	Dear future me...	What is the dominant emotion in my life right now?
If a genie granted me 3 wishes, what would they be?	What am I looking forward to once life returns to normal?	What can I do to treat myself today?	What distractions get in the way of me being productive?	Am I spending time comparing myself to others? Why?
What's the best advice I've ever been given?				