

# Spring-Themed

# Journaling

|  |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
|  | <b>1</b><br>Fun spring activities you want to do. | <b>2</b><br>Things you love about spring.                   | <b>3</b><br>The meaning of spring to you.             | <b>4</b><br>Spring plans you look forward to.         | <b>5</b><br>Morning habits to build this spring.  | <b>6</b><br>Ways to be kinder to others.  |
| <b>7</b><br>Spring bucket list items.        | <b>8</b><br>Evening habits to build this spring.  | <b>9</b><br>Ways to be more active.                         | <b>10</b><br>Decluttering ideas you want to try.      | <b>11</b><br>Family activities for Easter and spring. | <b>12</b><br>Fun spring date ideas.               | <b>13</b><br>Self-care activities for this spring.  |
| <b>14</b><br>Trips you can take this spring. | <b>15</b><br>Your favorite memories of spring.    | <b>16</b><br>People you want to reconnect with.             | <b>17</b><br>Achievements this year so far.           | <b>18</b><br>Feelings about changes around you.       | <b>19</b><br>Things that you can be grateful for. | <b>20</b><br>Glow-up activities for the spring.   |
| <b>21</b><br>Things that inspire you.        | <b>22</b><br>Your favorite songs for the spring.  | <b>23</b><br>Progress on this year's resolutions.           | <b>24</b><br>Things that are making you feel hopeful. | <b>25</b><br>Things that are bringing you joy.        | <b>26</b><br>Plans for the rest of the year.      | <b>27</b><br>Things you want to change.   |
| <b>28</b><br>Ways to be happier.             | <b>29</b><br>Things that motivate you.            | <b>30</b><br>Best thing that's happened this spring so far. |   |   |   | <br>Ordinary & Happy |