

Evening Journaling

for March

S	M	T	W	T	F	S
1 Opportunities this year has presented to you so far, no matter how small.	2 A book or story you loved to lose yourself in.	3 What winter has shown you about your resilience.	4 Overlooked places in your local area that bring you clarity and serenity.	5 A strength you admire in yourself and why.	6 Moments you spoke with confidence this year.	7 What about the change from winter to spring inspires you.
8 Times women have supported you and how.	9 A recent choice that felt right.	10 A conversation you had to show courage to have.	11 Something that has gone better than expected this year so far.	12 A time you had to be courageous and it paid off.	13 Something positive you feel you have an abundance of in your life.	14 A time you didn't take yourself too seriously and felt lighter for it.
15 What has quietly brought you joy this month.	16 Signs of spring you've noticed around you.	17 A tradition or occurrence that makes you feel a part of a larger community.	18 An area of life you've found a little more balance in this year.	19 Something you're grateful for that you're leaving behind in winter.	20 A part of you that feels refreshed now that spring is here.	21 A compliment that meant a lot to you and why.
22 An area of life you've become more adaptable in.	23 Something that has been unexpectedly joyful so far this year.	24 A change in perspective you've experienced this year.	25 A time you stood by one of your values this year, even if it was tough.	26 A challenge you've overcome this month and how.	27 A simple change that has been unexpectedly positive.	28 Areas around you that have come to life during this seasonal change.
29 What about spring has made you more hopeful.	30 Re-count everyday memories from the month without overthinking it.	31 What has been different about this year so far in a positive way.	1	2	3	4

