

# Gratitude Journaling *for* March

S	M	T	W	T	F	S
1 Winter lessons and memories you're grateful for.	2 A book you're grateful for and why.	3 Nature around you you're grateful for.	4 Positives of longer and lighter days for you.	5 Progress you've made on goals or routines this year.	6 People who have supported you so far this year.	7 What you're grateful for when you look out of your window.
8 A woman who has made a difference in your life and how.	9 A recent choice you're grateful to have made.	10 An opportunity this year you're grateful for presenting itself to you.	11 Plants & wildlife that return to your garden, balcony, or surrounding area every spring.	12 A recent change you're grateful for.	13 Something that's just for you, no one else, that you're grateful for.	14 Something you started in January you're grateful to yourself for sticking with.
15 Signs of growth and bloom in nature you've noticed.	16 Responsibilities you're grateful for.	17 Celebrations your family has that bring you together every year.	18 What you're grateful for in the room you're in right now.	19 A time someone was honest with you that you're grateful for, even if it wasn't easy.	20 Things that make you genuinely happy.	21 What you're grateful for this spring.
22 For World Water Day, identify everyday essentials you're grateful to have access to.	23 A past fresh start you're grateful for.	24 A conversation you're grateful that happened.	25 Nearby fields or public gardens where you can see flowers in bloom.	26 Scenic views in your local area that you're grateful for.	27 Opportunities that seasonal change brings you.	28 Favorite memories from past spring seasons.
29 Opportunities in your area for outdoor activities.	30 What the inevitability of change encourages you to be grateful for.	31 What has inspired you this month.	1    	2   	3   	4  Ordinary & Happy