Spring Journal Prompts List

Sheet 1 of 2 · 50 gentle questions for a fresh season

Waking Up

1. What was the first sign of spring you noticed this year, and when did you see it?
2. Which sound tells you spring has arrived where you live?
3. Describe the light in your home on a recent spring morning.
4. What has the longer daylight changed about your evenings?
5. Which scent do you connect with spring: rain, grass, blossom, or something else?
6. What did you see on a recent walk that was not there a month ago?
7. Which part of your daily routine feels different now that the season has turned?
8. What color have you started noticing everywhere?
9. Describe a small creature — a bird, a bee, a butterfly — you have seen lately.
10. What does the first truly warm day of the year make you want to do?

New Beginnings

11. What is one thing you would like to begin this spring, however small?
12. What intention would you like to plant for this season?
13. Where in your life are you craving a fresh start?
14. What would a gentle first step toward that fresh start look like?
15. Which part of yourself feels ready to come back after winter?
16. What new energy would you like to invite into your days?
17. Write a short note to your winter self, thanking them for getting you here.
18. What does "starting again" mean to you this year — not perfectly, just honestly?
19. Which seed of an idea have you been carrying that deserves daylight now?
20. What would you try this spring if nobody would ever see the result?

Clearing Out

21. What is one corner of your home that would feel better with a spring clear-out?
22. What are you holding on to — an object, a plan, a grudge — that feels heavy now?
23. Which old habit has stopped earning its place in your days?
24. What could you let go of this season to make room for something better?
25. Describe the feeling you want a cleared space to give you.