# Spring Journal Prompts List

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

## Clearing Out · continued

26. What does "spring cleaning" mean beyond the house — in your head, your calendar, your phone?
27. Which commitment would you quietly retire if you gave yourself permission?
28. What did winter teach you that you no longer need to carry?
29. Write about a drawer, a folder, or a list you finally sorted — or want to.
30. What would your days look like with a little less clutter in them?

## Growing Things

31. What is growing in a garden, a pot, or a window box near you right now?
32. If your life were a garden this season, what would you water more?
33. What deserves weeding — the small things quietly draining your energy?
34. Which habit are you trying to grow, and how is it really going?
35. What does slow growth look like in your life at the moment?
36. Write about something that took a long time to bloom for you.
37. Which area of your life needs patience rather than pushing this spring?
38. What would you plant now if you trusted it to matter by summer?
39. Describe a place outdoors where you feel your shoulders drop.
40. What helps things grow — in a garden, and in a person? Where are the two lists the same?

## Light And Energy

41. When does your energy feel highest on a spring day, and what are you usually doing?
42. What small pleasure have you enjoyed lately that cost nothing?
43. Which plan for the coming months makes you quietly happy?
44. What would a kind, unhurried spring weekend look like for you?
45. Who would you like to spend more time with while the days are long?
46. What are you looking forward to that has nothing to do with achievement?
47. Write about a meal, a walk, or a morning lately that felt like spring itself.
48. What has quietly improved since the start of the year?
49. If this season had a word, what would yours be — and why?
50. What do you hope to remember about this spring when it ends?