MARCH JOURNAL PROMPTS LIST

31 dated questions · March 2027

SHEET 1 OF 2 · MARCH 1–16

WAKING THE YEAR UP

March 1 (Monday)
What would you like this month to make possible?

March 2 (Tuesday)
Which part of winter are you still carrying, and what would setting it down look like?

March 3 (Wednesday)
What has changed since January 1 that you have not stopped to notice?

March 4 (Thursday)
Describe this morning honestly — the light, the weather, your mood, your first thought.

March 5 (Friday)
What is one small thing you keep meaning to start — and why this month?

March 6 (Saturday)
Write about a sound, a smell, or a sight that tells you the season is turning.

March 7 (Sunday)
Rest counts too. What did you do this week that asked nothing of you?

CLEARING SPACE

March 8 (Monday)
It is International Women's Day. Write about a woman whose example quietly shapes how you live.

CLEARING SPACE

March 9 (Tuesday)
Open one drawer, shelf, or folder you have been avoiding. What is actually in there?

March 10 (Wednesday)
Which plan from January deserves a kind ending rather than more effort?

March 11 (Thursday)
What is taking up space in your head that you could put on paper and leave there?

March 12 (Friday)
Which small corner of your home would change how your days feel if it were clear?

March 13 (Saturday)
What have you been saying yes to out of habit?

March 14 (Sunday)
The clocks spring forward this weekend in many places. Where else in your life is it time to move forward?

FIRST GREEN

March 15 (Monday)
What is the first green or growing thing you have seen this year?

March 16 (Tuesday)
Which seed of a plan are you ready to take seriously now?