MARCH JOURNAL PROMPTS LIST

31 dated questions · March 2027

SHEET 2 OF 2 · MARCH 17–31

FIRST GREEN

March 17 (Wednesday)
It is St. Patrick's Day. When have you been luckier than you realized at the time?

March 18 (Thursday)
What does your energy do on the first mild days — rise, scatter, or settle?

March 19 (Friday)
Write about a place outdoors you want to return to this spring.

March 20 (Saturday)
Spring begins today, on the equinox. What is beginning in you, however quietly?

March 21 (Sunday)
Spend a few lines on light: how does the longer evening light change what your days feel like?

GROWING DAYS

March 22 (Monday)
Which habit is actually taking root? Write the evidence, not just the hope.

March 23 (Tuesday)
If your days were a garden this week, what would you water more?

March 24 (Wednesday)
Who helps things grow in your life — and have you told them?

GROWING DAYS

March 25 (Thursday)
What is allowed to grow slowly in your life right now?

March 26 (Friday)
Describe a recent small pleasure in as much detail as it deserves.

March 27 (Saturday)
What would a kind day off look like this month — and can you take one?

March 28 (Sunday)
What did this week teach you that February could not have?

LOOKING TOWARD APRIL

March 29 (Monday)
Look back over March: which of this month's prompts stayed with you, and why?

March 30 (Tuesday)
What do you want April to continue — and what should it leave behind in March?

March 31 (Wednesday)
Write a short note to yourself, to read again on the last day of spring.