Easter Journal Prompts

30 gentle questions · New beginnings, memories, spring, gratitude, and Easter days

New Beginnings

1. What feels ready to begin again in your life this spring? Write about the smallest first step.
2. Describe one thing you are letting go of this season, and what space it makes room for.
3. If this Easter marked a fresh start in one area of your life, which area would you choose, and why?
4. Write about a seed — real or imagined — you are planting this spring: a habit, a plan, or a hope.
5. What has quietly been growing in you over the winter months? List the first signs.
6. Finish this sentence three ways: "This spring, I give myself permission to…"

Easter Memories

7. Write about your earliest Easter memory. What do you see, hear, and smell?
8. Describe an Easter tradition from your childhood. Do you still keep it, or has it changed?
9. Who made Easter special when you were young? Write them a short thank-you note in your journal.
10. Recall an Easter egg hunt — as a child, or watching one. What small moment stayed with you?
11. Write about an Easter meal or dish you remember clearly. Who was at the table?
12. If you could relive one past Easter day, which would it be, and what would you pay attention to this time?

Spring Senses

13. Step outside or open a window: write down five signs of spring you can notice today.
14. Describe the spring light in your home at your favorite time of day.
15. Write about a flower, tree, or garden waking up near you. What is it doing this week?
16. List the sounds of spring where you live, from the earliest morning one to the last at night.
17. What does early spring smell like after rain? Write about a scent that means the season has turned.
18. Take a short walk on paper: describe a familiar route as it looks right now, in early spring.

Gratitude and Hope

19. Make a gratitude list of ten small things this Easter season — one line each.
20. Write about something that felt finished or lost, and what unexpectedly grew from it.
21. Who has given you hope this year? Write about what they did or said.
22. What are you hoping for by the end of spring? Write it as if you are looking back, glad.
23. Write a short note of thanks to your winter self for getting you here.
24. Name one hard thing you are carrying, and one gentle way you could set it down for a while.

Easter Days

25. Palm Sunday begins Holy Week: write about a welcome you would like to give or receive this week.
26. In this week, many people share a special meal. Write about a meal that brings your people together.
27. Good Friday is a quiet, heavy day for many. Write about a time you sat with sadness without rushing to fix it.
28. The Saturday between is a day of waiting. Write about something you are waiting for, and how the waiting feels.
29. Easter morning: write about a moment of joy arriving after a long wait — in the Easter story, or in your own life.
30. Easter Sunday evening: write one page about how you want to carry this season's hope into the weeks ahead.