

April, 2019

Journaling Prompts

1. The first April Fool's Day memory that comes to mind is:
2. I love Spring because:
3. The signs of Spring I currently see around me are:
4. Ways Spring is different at my house than winter is:
5. My favorite Spring scent is _____ because:
6. Green things I love to grow (or would if I could):
7. My idea of the ideal Spring day is:
8. Just as Spring brings new beginnings, a new beginning I've had is:
9. A new beginning I hope to have is:
10. If you are planning Spring cleaning, what will be your plan of attack?
11. Ways Spring is different than Summer:
12. The first warm weather clothes I reach for are _____ because:
13. In the Spring my emotions _____
14. How is your TV watching different in Spring than winter?
15. Family activities in Spring:
16. My favorite weather is _____ because:
17. Singing in the rain _____
18. If I had my choice of destination for Spring vacation I would choose _____ because _____
19. I do or don't decorate Easter eggs because _____.
20. My favorite Easter memory is _____ because _____.
21. My thoughts on the Resurrection of Christ are:
22. My walk with Christ is:
23. The difference in the world after the Resurrection of Christ than before it is:
24. Jesus in my future is _____.
25. When Jesus rose from the dead _____.
26. The different between winter and spring for my mood is _____.
27. Now that April is nearly behind us _____.
28. This month, my journaling has _____.
29. My hopes for the month of May are _____.
30. The best day in April for me was _____ because _____.

King David journaled and today we have the Psalms!
I bet he never imagined his writings would be The Bible one day. He was probably like us. Expressing his heart in words and managing his stress with ink!
Journaling really is a great way to express yourself, your feelings, and your worldview. It's great for your mental health and spirit too!

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