

# Journal questions for March

1. Who am I actively becoming this season, and how does that version of me feel different in my body and spirit?
2. What emotional or energetic weight did winter place on me that I am now ready to fully release?
3. Where in my life am I being asked to act with courage rather than comfort?
4. What does emotional balance actually look like for me right now—not ideally, but honestly?
5. What ideas, dreams, or projects feel fertile and ready to be nurtured this spring?
6. Where do my boundaries need strengthening, and what happens when I honor them without guilt?
7. How does inner harmony change the way I show up in my relationships and daily life?
8. What obstacles keep reappearing on my path, and what might they be teaching me to do differently?
9. How do I define abundance at this stage of my life—and where is it already present?
10. What practices help me stay focused and disciplined without burning out or becoming rigid?
11. How does inspiration speak to me—through ideas, dreams, signs, or sudden knowing?
12. What old patterns, beliefs, or attachments am I finally ready to release for good?
13. As this month closes, what vow am I willing to make to my own growth and becoming?