

# Journaling Ideas for Spring.



Write a list of words that remind you of Spring. Circle any words that resonate with something that is occurring in your life right now. Choose any circled word and free write about that area of your life.

Write a letter about the unfolding of Spring. Use all of your senses. What do you see, hear, feel, taste and see? Tuck the letter away to be read on a cold, dark day of winter.

What area of your life could use some Spring cleaning? Are there any ideas or habits that you can shed this season?

Imagine yourself as flower, bumblebee, butterfly or earthworm. Write your story.

Write an acrostic poem using the letters that spell Spring.

In what areas of your life are you planting seeds? What do you hope they will grow into?

Many things start to grow and come out of hibernation in Spring. Write a list of things that emerge in Spring or in your life.

