



# March Journal Prompts

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1. Write about something that genuinely surprised you.
2. What are the good and bad parts of social media?
3. What is a future plan that fills you with excitement?
4. If you could eat lunch with anyone in the world, who would it be?
5. When was the last time you did something for someone else?
6. How did it make you feel?
7. How can you do it again/make it a recurring event in your life?
8. Where do you go to unwind?
9. Would you rather meet your great great grandparents or your great great grandchildren?
10. Who is one person who you look up to?
11. Who is one person that always gets on your nerves?
12. How do you manage your emotions?
13. How might you manage them better?
14. What does kindness look like to you?
15. What is one word you can start to embody in your life?
16. What are 5 things you need to vent about?
17. Where do you feel most comfortable?
18. What is something in your life that occurs in excess?
19. Write a short story about something random.
20. What controversial opinion do you have?
21. What do you think about when you are down?
22. What do you think about when you are overjoyed?
23. What is the difference between the two feelings?
24. What is something you learned today?
25. Describe your day in 10 words.
26. What reminds you of your past?
27. What are three good things about today?
28. What did the first few weeks of COVID-19 spreading across the world feel like?
29. How does it feel now?
30. How has COVID-19 affected your life positively?
31. How has COVID-19 affected your life negatively?



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