



# APRIL JOURNAL PROMPTS

What does April's energy feel like to you?

How does today's weather make you feel?

How did March go?

Does April bring up any emotions for you that you need to work through?

How can you spend more time in nature this month?

What is something you're doing right now that you really love?

How can you better serve your community?

How can you better serve yourself?

Who are you spending a lot of time with lately?

What is something you've seen lately that has impacted you, for better or for worse?

How do you know when it's time to rest your body, mind, and spirit?

Write about your day. What did you do, where did you go, who did you talk to, etc.?

How can you spread love to those around you?

What is your favorite thing to eat these days?

Compare this April to last April. What has changed? What has stayed the same?

How do you like to connect with your spirit?

What is the best thing you've read lately?

Do you have any rituals?

Write down three things you are grateful for today.



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How can you connect with your body?

Write someone a letter.

What have you created lately? Or, what do you want to create?

Who inspires you?

What is a podcast you've enjoyed lately?

How can you present, right this second?

Ask your Highest Self for a positive message. What is the first thing it says to you?

Who can you celebrate this month? Does someone you know have a birthday or special day coming up?

What kind of movement does your body crave?

Describe the scenery around you.

What does abundance mean to you?

Where is your favorite place in the world?

What is something you're looking forward to in May?





# APRIL AFFIRMATIONS

**I have  
everything  
that I need.**

**I am  
capable.**

**I am  
surrounded  
by love and  
support.**

**I am.**

Here's how I will apply these affirmations to my life:

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Create your own affirmations here:

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# APRIL JOURNALING

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