

# journal prompts for spring

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*flowers:* how can you show yourself love in a new way this spring season?

*air:* check in with your new year's resolutions (and reevaluate if needed)

*adventure:* write a letter to the go-getter in you that is itching to explore something new

*sweets:* gush about your latest obsession(s)

*rivers:* make a list of ways that you will be more mindful in your daily routine

*greenery:* identify an area in your life where you want to grow

*sun:* how energized do you feel in this current moment?

*warmth:* reflect on a small moment of your day that made you smile

*bright:* what part of the spring season are you most looking forward to?

*wind:* describe a new project you have taken on recently and how it's going



# Spring Journal

**Liyong Dong**



**Spring Journal:**

Delve into the emotional tapestry woven by Crafted by in Dive into the Emotion of **Spring Journal** . This ebook, available for download in a PDF format ( \*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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