



JOURNALING INTO THE SPRING EQUINOX

Spring Equinox is the day of RE-BIRTH!

The energy from the inward focused and restorative time of Winter emerges with rejuvenated vigor. As we connect to this new found Spring energy, it's a good practice to nourish the seeds that were planted through winter. Allow these journaling prompts to guide the way

TARA DAYLAMI

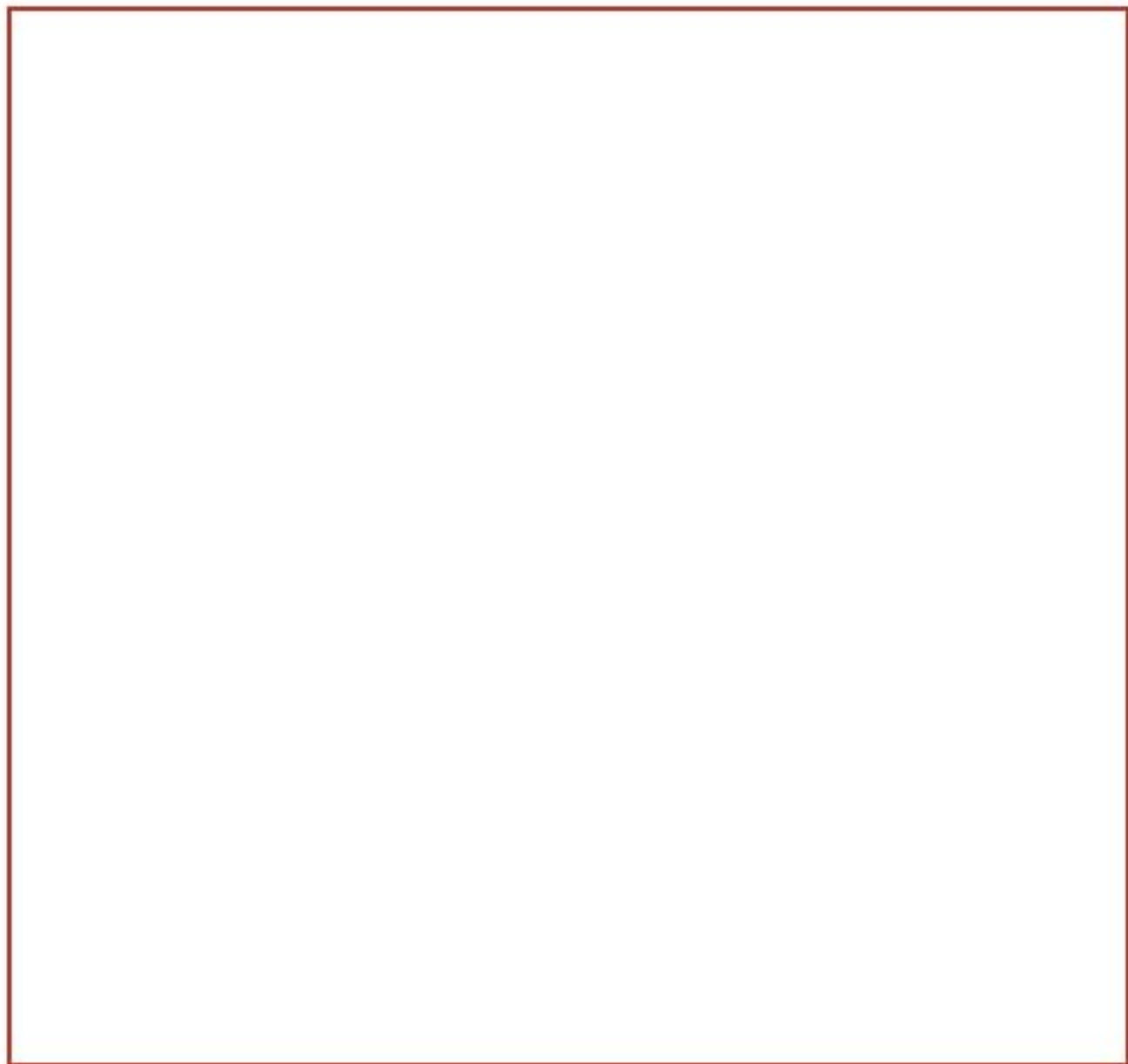
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DATE: _____

FEELING: _____

WRITING PROMPT #1

How much personal influence do you believe
you have over your goals/life?



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WRITING PROMPT #2

What would you like to be happening in your life,
that isn't happening right now?

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WRITING PROMPT #3

If I handed you a megaphone, and you could speak to the entire world for 30-60 seconds, what would you say?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the writing prompt.

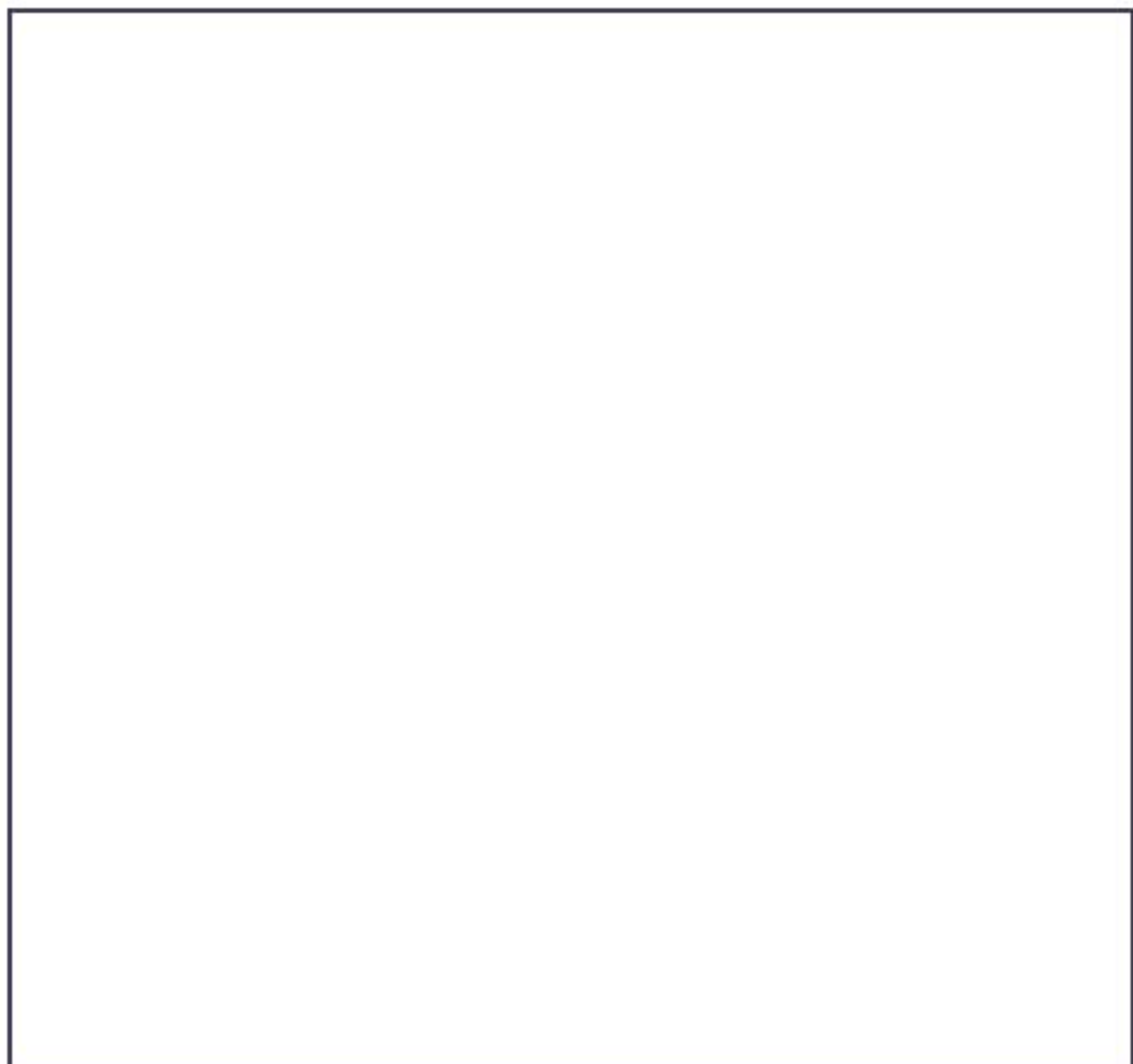
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WRITING PROMPT #4

If you could tell your younger self one thing,
what would it be?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the writing prompt.

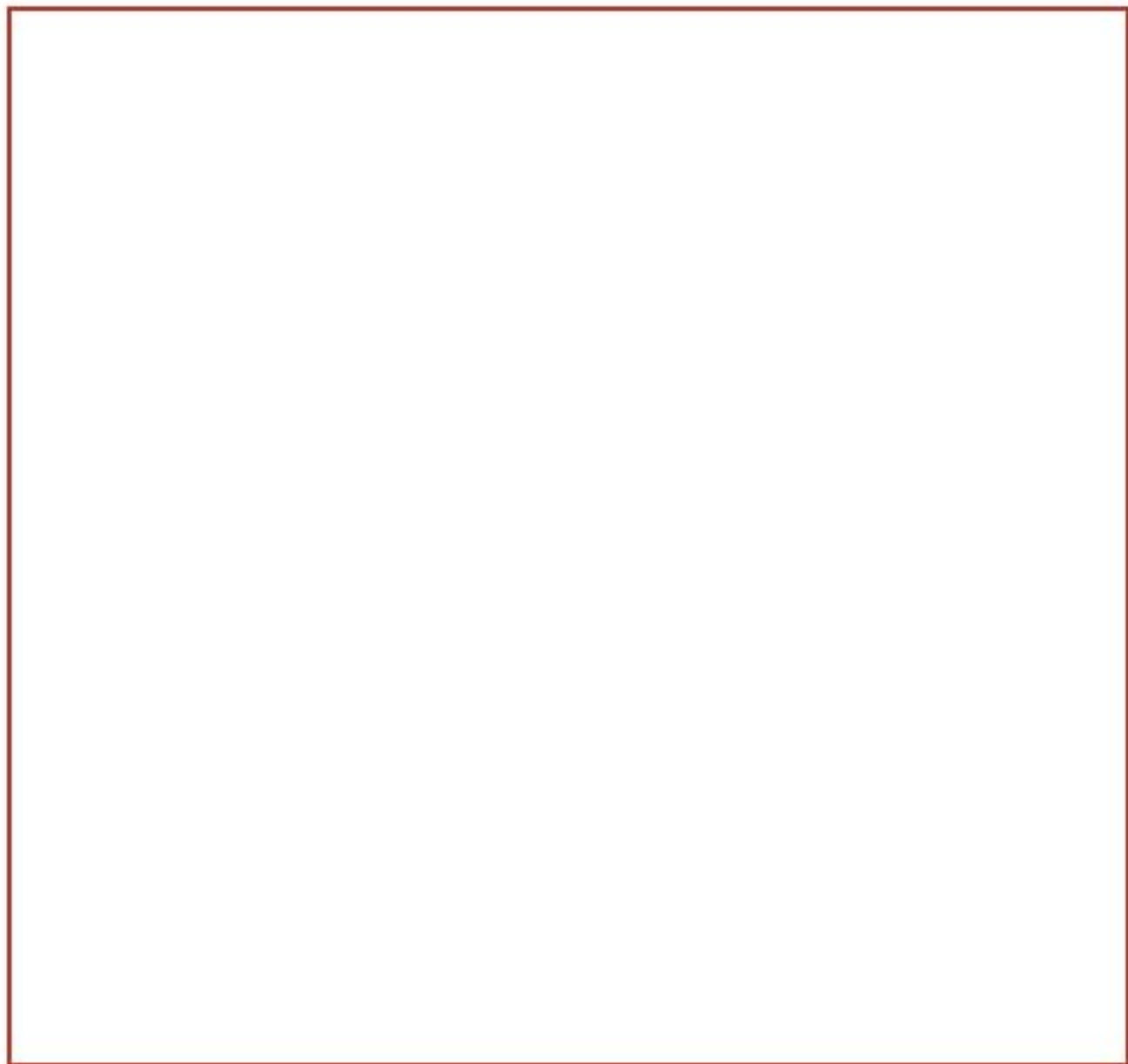
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WRITING PROMPT #5

What brings tears to your eyes?



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WRITING PROMPT #6

What does success look like to you?

Be as specific as possible. If money is a part of this picture, get specific about exactly how much money would make you feel like you are successful.

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WRITING PROMPT #7

What is the biggest insight you've had about
yourself so far in your life?

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WRITING PROMPT #8

What is the biggest insight you've had about relationships
(romantic and otherwise) so far in your life?

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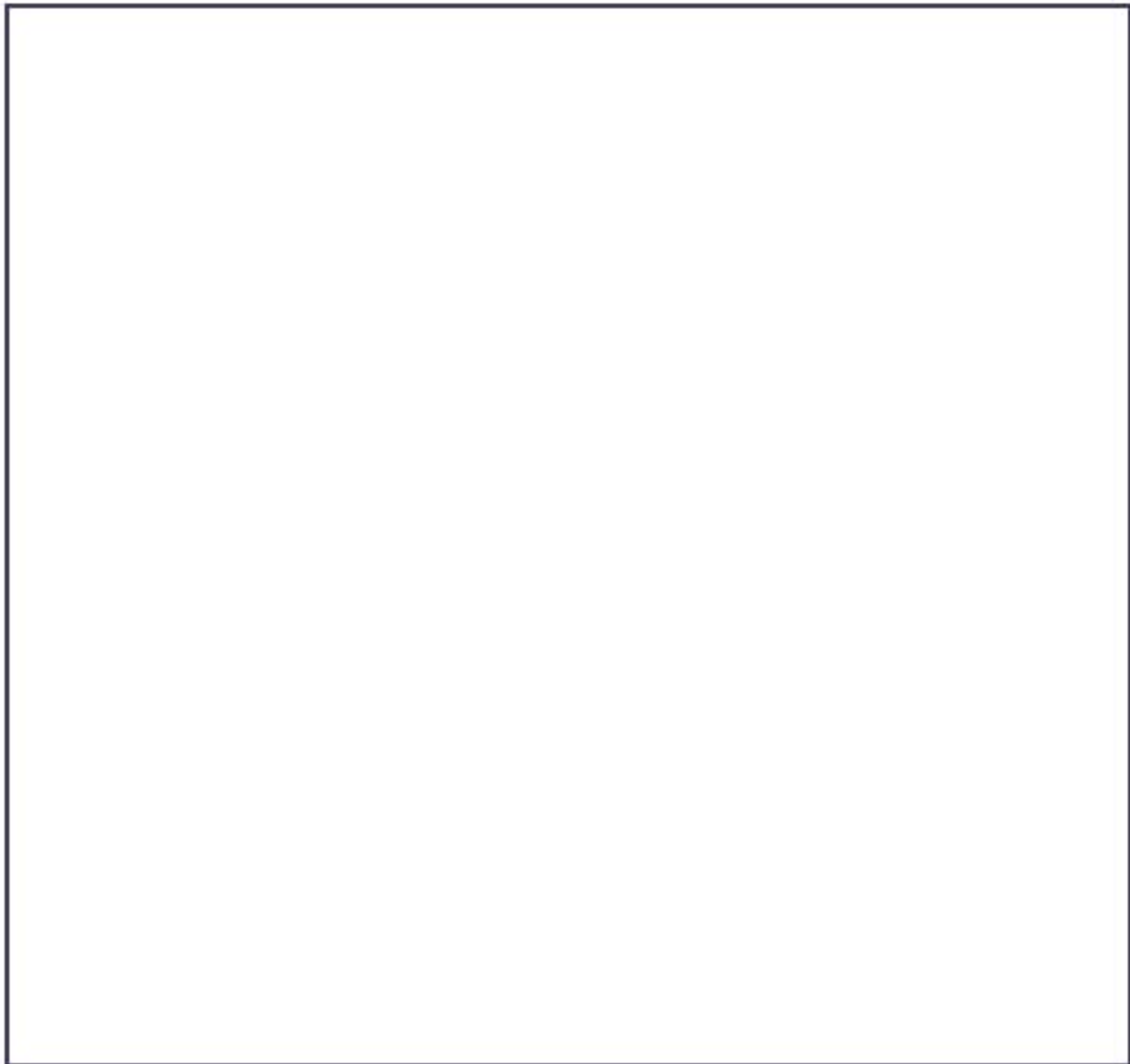
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WRITING PROMPT #9

What activity are you currently engaging in, that if you stopped doing, would get you closer to your goals?

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WRITING PROMPT #10

What or who inspires you? Why?

