

SPRING CREATIVITY

JOURNAL PROMPTS & INSPIRATION



BAREFOOT
BODY
TRAINING

FEEL- GOOD SPRING

Remind yourself of all the feel-goods of Spring by finding a fresh page in your journal and popcorn all the things you associate with Spring: words, images, colours, songs, feelings, activities. You could let this lead you into collaging in your journal, or creating a moodboard to stick on your fridge door or up in your study. Or how about a Pinterest board? Or a playlist?

NEW BEGINNINGS

How do you feel about new beginnings? Do you welcome new opportunities or tend to resist them? Does it depend? Or do you recognise a pattern? If there is a pattern, does it continue to serve you well?

FRESH STARTS

When did you last try something new? Is there something you would like to put in motion? Launch a new project? Explore a new skill? Can you start building a timeline and identifying some tangible tasks? Who are the people can help you make this happen?