

WEEK OF MARCH 16, 2025

Journal Prompts

TODAY'S DATE: _____

MARCH 21ST OFFICIALLY BEGINS ARIES SEASON - THE BEGINNING OF THE NEW ASTROLOGICAL YEAR! ARIES IS A SIGN OF FIRE, MEANING WE ARE MOVING INTO ENERGETIC ACTION. THIS CAN HELP US EMBODY OUR DREAMS, VISIONS, AND GOALS AND FINALLY BEGIN THE WORK OF MOVING THEM FORWARD

YOUR JOURNALING PROMPTS ARE:

WHAT GOALS, DREAMS, VISIONS, OR PLANS ARE STIRRING INSIDE OF ME?
(WRITE THEM OUT BOLDLY AND EVEN PRACTICE SAYING THEM OUT LOUD)

WHAT CAN I TANGIBLY DO THIS WEEK TO EMBODY THESE DREAMS AND PULL THEM INTO MEANINGFUL ACTION?

WEEK OF MARCH 23, 2025

Journal Prompts

TODAY'S DATE: _____

WE HAVE A NEW MOON ON MARCH 29, 2025 IN THE SIGN OF ARIES. THIS IS POTENT ENERGY BECAUSE WE ARE ALSO IN ARIES SEASON - A TIME OF ENERGY, MOVEMENT, MANIFESTATION, AND ALL THINGS MOMENTUM. THIS IS THE TIME OF NEW BEGINNINGS AND BIRTHING NEW IDEAS.

YOUR JOURNALING PROMPTS ARE:

HOW CAN I TRANSFORM MY PASSIONS INTO TANGIBLE OUTCOMES?

WHAT ARE MY SELF-CARE PRACTICES IF I NEED TO PAUSE, BREAK, OR GROUND MYSELF IN THIS ENERGY?

WEEK OF MARCH 30, 2025

Journal Prompts

TODAY'S DATE: _____

MERCURY HAS BEEN IN HER RETROGRADE PERIOD, WHICH SIMPLY MEANS THAT SHE HAS BEEN MOVING BACKWARDS. WE MAY HAVE NOTICED DELAYS OR RETURNS OF PESKY PROBLEMS (OR PEOPLE!), IN THE EFFORT OF LEARNING FROM PAST EXPERIENCES AND REVISITING WHAT NEEDS TO BE PROCESSED AND CLEARED OUT. WE'RE ALSO IN APRIL AND FULLY STEPPING INTO SPRING!

YOUR JOURNALING PROMPTS ARE:

HOW DO I HANDLE DELAYS AND CHALLENGES IN MY LIFE? WHAT PARTS OF ME SHOW UP WHEN THINGS DON'T GO AS PLANNED?

WHAT DO I BELIEVE ABOUT SETBACKS? FROM WHAT LIFE STORY DOES THIS BELIEF ORIGINATE? HOW DO I FEEL ABOUT IT NOW?

WEEK OF APRIL 6, 2025

Journal Prompts

TODAY'S DATE: _____

A FULL MOON IN LIBRA IS SHINING BRIGHT ON APRIL 12TH. THIS OFTEN WILL ILLUMINATE OUR RELATIONSHIP SECTOR AND HOW WE RELATE TO OURSELVES AND OTHERS. WE MAY NEED TO CONTINUE PACING OURSELVES WITH DECISIONS RELATED TO SIGNIFICANT RELATIONSHIPS; BUT FULL MOONS ALSO ALLOW US TO RELEASE WHAT IS NO LONGER WORKING.

YOUR JOURNALING PROMPTS ARE:

WHAT RELATIONSHIPS HAVE RUN THEIR COURSE IN MY LIFE? WHERE AM I CONTINUING TO POUR CONNECTION THAT ISN'T RECIPROCAL? (YOU MAY SKIP THIS IF IT DOESN'T RESONATE WITH YOUR CURRENT RELATIONSHIPS, WHETHER FRIENDLY, FAMILIAL, OR ROMANTIC)

HOW DO I UNDERSTAND SAFETY IN MY RELATIONSHIPS? WHAT DOES IT LOOK LIKE? HOW DOES IT MAKE ME FEEL?

WEEK OF APRIL 13, 2025

Journal Prompts

TODAY'S DATE: _____

ARIES SEASON IN APRIL IS ALSO THE TIME OF SPEAKING YOUR MIND AND DECLARING BOLDLY WHO YOU ARE, WHAT YOU LOVE (AND DON'T), AND WHAT YOU WANT. THIS ISN'T A COCKY DECLARATION, BUT ONE BORNE OUT OF CONFIDENCE AND TRUST IN YOUR OWN WORTHINESS.

YOUR JOURNALING PROMPTS ARE:

HOW AND WHERE DOES IT FEEL IN MY BODY TO SPEAK MY TRUTH? HOW DOES IT FEEL TO SUPPRESS MY TRUTH?

WHAT SPIRITUAL OR CREATIVE PRACTICES CAN I EMPLOY TO HELP ME COMMUNICATE MY TRUTH AND MY NEEDS? (THIS CAN BE WITH OR WITHOUT PEOPLE)
