



Spring Junk Journal Prompts



Pick a prompt that feels fun. Skip the ones that don't. Do three in one afternoon, then none for a week. This is your journal, your season, your pace!

Spring Memories & Reflections

1. Describe your childhood springs in five words.
2. What does "April showers" make you feel?
3. Your most joyful spring memory.
4. A time you felt renewed in spring.
5. Spring smells that instantly bring you joy.
6. What did spring feel like growing up?
7. The best spring meal you remember eating.
8. Reflect on your first gardening memory.
9. Write a letter to spring like it's a long-lost friend.
10. "I used to dread spring, but now..."

Cozy Home Life Prompts

1. Describe your dream spring morning.
2. What's blooming in your home (literally or figuratively)?
3. A nook in your house that feels most alive this season.
4. Your spring cleaning ritual, step by step.
5. "If I were a flower, I'd be..."
6. What are your go-to spring comfort foods?
7. List 5 energizing spring habits.
8. Create a windows-open playlist for sunny days.
9. Describe a quiet spring moment that brought peace.
10. Journal your favorite way to soak up sunshine.

Seasonal Nature & Outdoors Prompts

1. A spring walk—what did you see, smell, hear?
2. Sketch a budding tree or blooming flower.
3. Compare spring skies to winter's.
4. How does the light change in spring?
5. Tape in petals, leaves, or found nature bits.
6. Make a color palette from a spring sunrise.
7. What does spring feel like on your skin?
8. A day you felt totally alive in nature.
9. Journal the wildlife you notice this season.
10. "The earth wakes up—and so do I..." respond.

Creative & Artistic Spring Explorations

1. Use scraps to make a spring-themed collage.
2. Draw (or describe) your ideal spring outfit.
3. Make a blackout poem using seed catalog clippings.
4. Doodle a flower... then another... then 10.
5. Glue in a spring card or tag and journal around it.
6. Find a magazine image that screams spring.
7. Journal using only warm, happy colors.
8. Use lyrics from a springy song as a prompt.
9. Start a page with, "What if spring was a woman?"
10. Design a label for a candle scent inspired by spring.

Spring Self Care & Wellness

1. How does your energy shift in spring?
2. What does your body need right now?
3. Write yourself a love note for surviving winter.
4. Journal one thing you're excited to start this season.
5. What does "fresh start" mean to you?
6. A spring ritual that makes you feel alive.
7. Create a page full of blooming affirmations.
8. "I feel hopeful when..."
9. List 5 tiny acts of spring self-care.
10. What do you want to release before summer?

Just Have Fun!

Whether spring means pastel blooms and warm breezes or just a little pop of color after gray days, these prompts are here to help you show up for yourself and your creativity. Pick the ones that call to you, skip the rest, and most of all—have fun with it!

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