

# APRIL REFLECTION WORKBOOK

by The Growth Diary Ink



@theGrowthDiaryInk



# HI LOVELY SOUL,

## Welcome to your Free April Reflection Workbook

This little workbook is your space for mindful pauses, gentle resets, and meaningful intentions.

Whether you're in a season of blooming or just beginning to plant new seeds, know that every moment of reflection is a step toward growth.

You don't need to fill every page perfectly. You don't need to wait for the "right mood." Just show up honestly — and let the pages hold what's on your heart.

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# HOW TO USE THIS WORKBOOK:

- 🖋️ Print it or use it digitally.

You can write directly into the PDF using any note-taking app or print it out and write by hand (which we love for deeper reflection!).

- 📅 Set aside a few quiet minutes.

Create a cozy ritual — grab a drink, light a candle, or sit outside if you can. Use this workbook all at once, or revisit it throughout the month.

- 💬 Answer with kindness.

There are no “right” answers here. Let your truth take up space.

- 📦 Want more?

The full edition of this workbook is available in my Etsy shop — with weekly prompts, habit trackers, printable rituals, and more space to dive deeper into your personal growth.

Take a few quiet moments to check in with yourself before diving into the month.

These questions are designed to help you reflect, reset, and move forward with more clarity and intention.

You can answer them all at once or return to them throughout the week.

Let's begin!



## MONTHLY REFLECTION PROMPTS

### What do I want to leave behind in March?

What thoughts, habits, or patterns no longer serve you? What are you ready to release?

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### What is one thing I want to do differently in April?

It could be a shift in your mindset, routine, a small habit, or how you treat yourself.

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### How do I want to feel this month?

Tune into the emotional energy you'd like to cultivate — calm, motivated, grounded, joyful?

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### What are 3 small goals I can commit to?

Focus on what's truly meaningful and authentic to you. Keep it gentle and doable.

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### What will I do to stay kind to myself when things get hard?

Your self-compassion plan: how will you offer yourself grace, softness, and encouragement this month?

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### What does 'growth' look like for me this month?

Your version of growth might be bold steps forward — or simply resting more deeply. Trust your own rhythm.

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## MOOD & ENERGY CHECK-IN

Your emotions and energy are constantly shifting — and that's okay.

This simple weekly tracker helps you become more aware of your patterns without judgment.

Take just one minute each day to pause and check in with how you feel.

Over time, you may notice what supports your well-being (and what drains it).

Use words, symbols, or colors — whatever feels natural to you.



## MOOD & ENERGY CHECK-IN

Date:

Mood (e.g., calm, anxious, joyful)

Energy (low / medium / high)

## Notes

[illegible]

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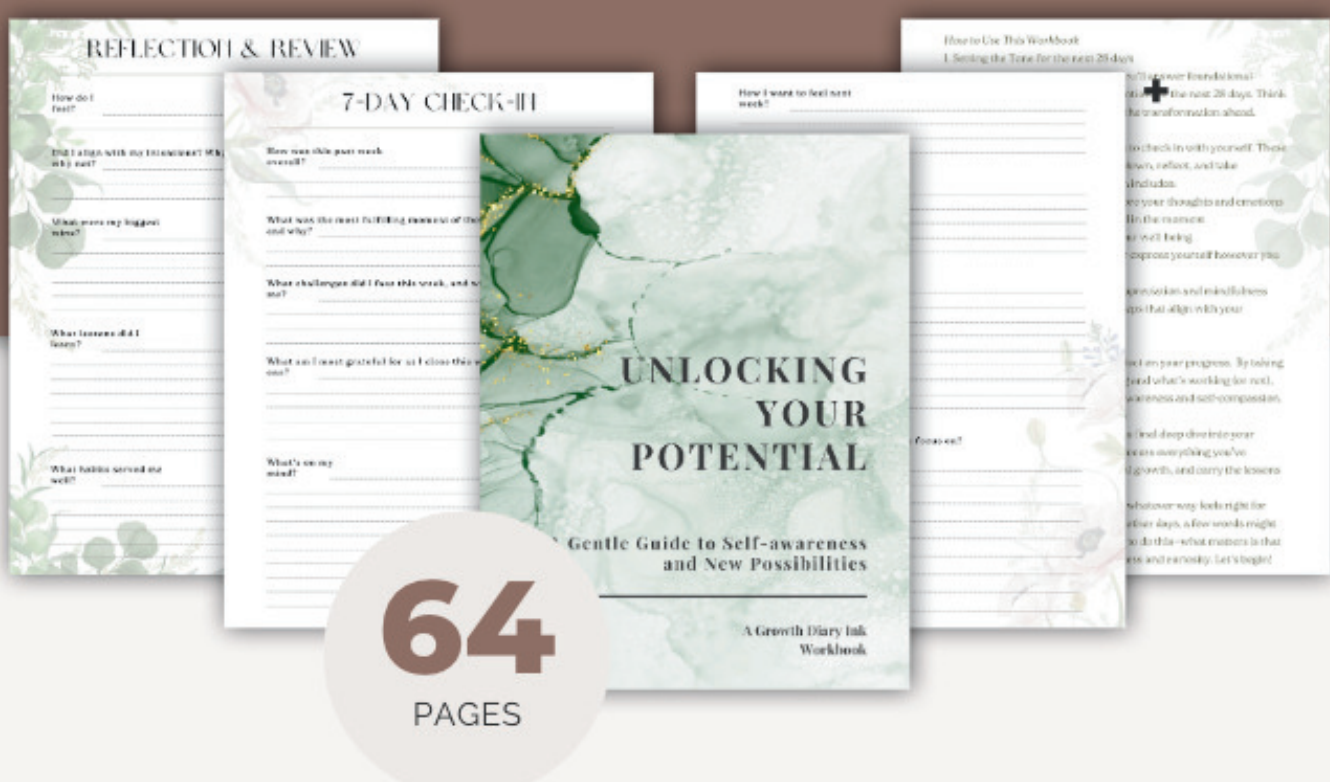
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## READY TO GO DEEPER?

The free workbook you've just completed is only the beginning.

If you're craving more guidance, structure, and gentle transformation this April, you'll love the full version:

Unlocking Your Potential — A 28-Day Growth Diary Ink Workbook

### WHAT'S INSIDE:

- 20+ daily prompts to deepen your self-awareness
- Daily check-ins with space for energy, emotion, gratitude, and action
- Weekly self-reflection pages
- End-of-month review to track your growth
- Printable and digital-friendly format
- Created to support you in becoming the most grounded, empowered version of yourself

GET IT NOW ON ETSY:

👉 [Click here](#) to unlock your potential  
🖨️ Printable • 🍃 Gentle • ✨ Powerful

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