

A MARCH JOURNEY OF HOLDING SPACE FOR  
YOU

FEEL, HEAL  
& LET GO

[www.thegrowthdiaryink.com](http://www.thegrowthdiaryink.com)

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# WELCOME

March brings with it the energy of renewal, transformation, and release, making it the perfect time to create space for your emotions and to honor your healing journey.

Throughout this workbook, you'll find journal prompts that encourage you to acknowledge and process your feelings, release old emotional baggage, and move towards a place of inner peace and renewal. It's not about perfection—it's about progress, self-compassion, and taking one gentle step forward each day.

There's no rush, no timeline—only the present moment. Allow this month to be a time of self-discovery, healing, and setting yourself free from what no longer serves you.

You are worthy of all the space, grace, and healing this month can bring. Take a deep breath, open your heart, and begin.



1 Looking back at February, what moments sparked the most joy and gratitude?

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What habits or routines from last month do you want to carry into March?  
Which ones do you want to refine or let go of?

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What new opportunities or perspectives did last month bring you?

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What changes do you want to make in March based on what you learned in February?

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What emotions have been weighing on your heart lately? Write about them without judgment.

Describe a moment from your past that still feels heavy. What emotions arise?



How do you typically react when faced with emotional pain? Does this response serve you?

What lessons have your past wounds taught you?

6 Think about a painful experience—how has it shaped you?

7 What is your body telling you about your emotions? Where do you physically feel stress or sadness?

8 What is one thing you wish you could say to someone who has hurt you? Write it as a letter.

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What was the most fulfilling moment of the past week, and why?

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What challenges did you face this week, and what lessons did they teach you?

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What are you most grateful for as you close this week and begin a new one?

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What are three intentions you want to set for the week ahead?

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How do you comfort yourself in difficult times? How can you be more self-compassionate?

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What limiting beliefs are you holding onto because of past pain?

## 12 Who supports you when you're struggling? How do they help?

# 13

How do you express emotions—through words, actions, creativity? Are there new ways you could try?

14 What emotions have been surfacing lately? How can you process them with self-compassion?

15 What are you afraid will happen if you allow yourself to fully feel your emotions?

# 16

What fears are keeping you stuck? How can you release them?

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If you could rewrite the narrative of a painful experience, what would the new version say?

Make a list of everything you want to release from your heart and mind.

19 Imagine placing your emotional burdens into a balloon and watching it float away. How does that feel?

20 Write a goodbye letter to something or someone you are ready to let go of.

21 What are three small ways you can create space for healing today?

# healing

22 How do you define emotional freedom? What does it look like for you?

A decorative illustration of a branch with leaves and berries, rendered in a simple, stylized manner. The branch is dark brown and curves across the page. It has several elongated, pointed leaves and clusters of small, round berries. The background is a light beige color with a subtle pattern of small, dark brown dots.

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What positive changes have come from your healing journey so far?

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What limiting beliefs or doubts held you back this week, and how can you shift your mindset?

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How can you fill the space left behind by what you've let go of?

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Describe the person you are becoming. What qualities do they embody?

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What daily rituals can help you stay in tune with your emotions in a healthy way?

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How can you show yourself love and care during difficult moments?

28 What words of encouragement do you need to hear right now?  
Write them to yourself.



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29 Write a letter of gratitude to yourself for showing up, feeling, and letting go.

A decorative illustration of a branch with several long, slender, pointed leaves and small, round berries. The branch is rendered in a simple, elegant line style. The background features a light beige color with a subtle pattern of horizontal dotted lines. A soft, light beige curved shape is visible on the left side, partially behind the branch.

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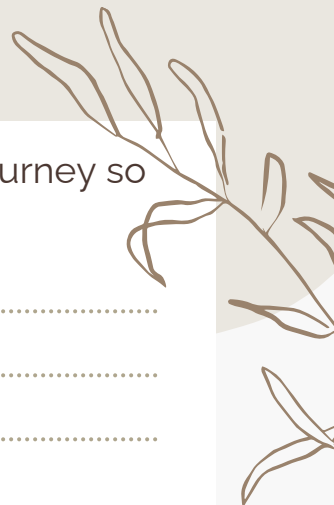
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What are you most grateful for this month?

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What challenges did you face, and how did you handle them? What unexpected lessons did March teach you?

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What chapter are you closing, and what new one are you stepping into?

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What was your biggest achievement this month?

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As you close this workbook, know that your journey doesn't end here. This month has been a space for reflection and holding space, but your path is ongoing. Each step you've taken—each emotion you've honored and released—has paved the way for deeper self-understanding and inner peace.

Remember, healing is not linear, and it's okay to revisit these practices whenever you need. Trust that you have the strength to continue releasing what no longer serves you and to embrace the person you are becoming.

Thank you for holding space for yourself. You are worthy of the love, and freedom that awaits you.

*With gratitude,  
The Growth Diary Ink*