

# Earth Month Journal Prompts for Conscious Living

By Curated Conscience

*A printable reflection guide with 10 soulful prompts to support your sustainable journey through Earth Month and beyond.*

## Prompt 1

What does "sustainability" really mean to me right now? How does it fit into my current season of life?

*Use the space below to journal freely. Let your thoughts flow without judgment.*

## Prompt 2

When do I feel most connected to the Earth? Describe a memory, a place, or a small habit that grounds you.

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### **Prompt 3**

What items in my closet bring me joy-and why? What do they say about my values or personal style?

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**Prompt 4**

What does my ideal "conscious life" look like? Paint a picture of your sustainable dream day.

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## Prompt 5

Where am I already making eco-friendly choices that deserve more credit? Celebrate your progress, no matter how small.

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## Prompt 6

What am I consuming (clothes, content, energy) that feels out of alignment? Where can I gently shift?

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**Prompt 7**

If I had to wear only 5 outfits this month, what would they be? Why?

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## Prompt 8

Who inspires me in the world of sustainability, and what can I learn from them?

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## Prompt 9

What limiting beliefs do I hold around living sustainably?

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**Prompt 10**

How do I want to show up for the Earth-this week, this year, and beyond?

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