

# Hello, March!

The **#GlobalYou365 Challenge** is meant to spark reflection on who you are and what you want, now that you've been abroad. This self-knowledge will give you a clearer vision for creating your ideal global life at home and abroad. This challenge is intended to be simple and fun, and there's no right or wrong way to do it. So have fun with it and enjoy the process!

- On the first of the month, start with prompt #1. There's one prompt for each day of the month.
- To have easy access to the daily prompts, you can print out this page, cut out the list of prompts to the right, and tape the list to a page in your journal. Or print the list on a page of clear or white labels (use the label download), and stick one label on each page of your journal.
- There are unlimited ways to respond to the daily prompts! Write a paragraph, make a list, jot down keywords, doodle...go simple or get creative!
- At the end of the month, look back at what you wrote. What themes or patterns do you see? What are you learning about yourself? Jot down your observations on a page in your journal.
- Sharing is part of the fun so do share your pages on Instagram! You never know who you might inspire, and who might inspire you. Use the hashtag **#GlobalYou365** and tag me (@smallplanetstudio) so I can find you! Don't want to share your journal pages? Share a pic of your journal!

[Small Planet Studio](#) is a personal and professional development company that provides services for global adventurers who have been changed by living and traveling abroad and don't want to readjust to the status quo of the home they left behind. Our goal is to help global adventurers create *global lives* so they can flourish at home and abroad. The key to that is understanding how to find your global life ingredients and use them to create a meaningful, satisfying, and sustainable global life that fits you as perfectly as your favorite travel shoes.

Cut on the dotted line →

## #GlobalYou365 //March

1. Favorite memories from February
2. Songs that remind me of abroad
3. What's in my carry-on
4. Camera or iPhone?
5. Who I miss most when I'm abroad
6. Ways I relax
7. Favorite word in another language
8. What I can see from my window
9. What I love about where I live
10. Habits I want to break
11. What I've eaten for lunch this week
12. Foods that remind me of being abroad
13. Schools I've attended
14. Why I (don't) procrastinate
15. Funniest dream(s) I've had
16. Backpack or suitcase?
17. What I do on long-haul flights
18. What I do when I'm homesick
19. Best hikes I've gone on
20. What's on my plate today
21. Things I used to worry about while traveling
22. My favorite sport(s)
23. Things I want to accomplish within 5 years
24. What I can't live without
25. About my most recent time abroad
26. What's currently happening in my life
27. Things I'd like to lose
28. Skills I'd like to develop
29. What's on my bedside table
30. How I like my coffee
31. Things that overwhelm me when I go home

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