



FEBRUARY

JOURNAL PROMPTS

1. Write down 5 things you love about yourself
2. What ways do you practice self care?
3. Who is someone you admire and what do you admire about them.
4. What is one habit you want to break?
5. What is one habit you want to start doing?
6. What are the top 5 songs you love right now?
7. How are your 2019 goals going? List your successes and share any challenges
8. What is something you love to do that people would be surprised to learn?
9. What talents or skills are you grateful to have?
10. What makes you feel the most loved?
11. What is one thing people don't know about you?
12. What's your favorite childhood memory of Valentine's Day?
13. What made you smile today?
14. List all the people in your life that you love
15. What goal(s) do you want to accomplish this month?
16. What is your dream vacation destination?
17. What made you happy today?
18. How do you feel today?
19. What's one thing you that is challenging you right now?
20. When you want to get away to recharge where do you like to do?
21. What is on your heart today?
22. What's your favorite dessert? What do you love about it?
23. What does love mean to you?
24. What's your favorite romantic comedy? If that's not your thing, what's your favorite movie? Share what you love about your movie
25. What did you laugh at today?
26. Today I feel...
27. What are you looking forward to?
28. What is inspiring you right now?