



# February

## JOURNAL PROMPTS

1. What 3 words best describe you?

2. What's your favorite quote that inspires you?

3. What makes you unique?

4. List 5 things you love about yourself.

5. When do you feel confident?

6. List all the things that make you happy right now.

7. Give yourself 3 compliments

8. What is inspiring you right now?

9. List 5 things you are good at.

10. What are you grateful for?

11. What do you do to practice self care?

12. How did you show yourself love today?

13. Write a love letter to yourself.

14. What do you love about your life?

15. List 5 of your strongest qualities and share why you picked each one.