



February Journal Prompts

- 1.) How do you define "love" in your life?
 - 2.) The quality I admire most in others is: _____
 - 3.) The quality I admire most in myself is: _____
 - 4.) What makes you feel loved?
 - 5.) How do you show love?
 - 6.) Write down 10 words that describe you, that you love.
 - 7.) How are your 2021 goals coming along?
 - 8.) What is something that makes you feel peaceful and calm?
 - 9.) What are you attracted to first about a person?
 - 10.) How do you practice self-care?
 - 11.) I hope I make people feel _____ when they are around me.
 - 12.) How do you define self-love?
 - 13.) What is the last gift you bought for yourself?
 - 14.) What does "Valentine's Day" mean to you?
 - 15.) How can I go out of my way to show love to someone close to me this week?
 - 16.) Write down 5 things you love about your body/physical appearance
 - 17.) Write down 5 things you love about yourself that don't have to do with appearances.
 - 18.) What is in the way of your self-love?
 - 19.) How do you take care of yourself when you are stressed?
 - 20.) Who makes you feel loved and cared for?
 - 21.) What's one tangible goal for the week ahead?
 - 22.) What memories make you feel loved?
 - 23.) What things in your life inspire you?
 - 24.) Write down 10 traits that your family and friends love about you.
 - 25.) Write a letter to someone you love.
 - 26.) What is the best compliment you could receive?
 - 27.) What is something you love about yourself today that you hope you carry with you in 10 years?
 - 28.) What's a word/quote/lyric that best reflects your experience this month?
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