



# 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?

