

28 JOURNAL PROMPTS

For February

- Describe a time when you exercised self-kindness.
- Not everyone receives love in the same way. Describe how you receive love?
- We are all unique, like snowflakes none of us are the same. Describe your uniqueness?
- Describe a moment that brought you joy recently?
- Describe a moment that warmed your heart?
- What is your love language? How is it yours?
- What is one small act of kindness that you've given to yourself?
- What is one small act of kindness you've given away?
- What are your favourite characteristics about yourself?
- What are some characteristics you love about your family?
- Describe the perfect day?
- What do others love about you?
- What do you do to heal when you've been wounded?
- How do boundaries help you stay at your best?
- Write something that is most essential to you?
- Write something that is most essential for your peace of mind.
- This past winter I felt success when?
- How are you gracious with yourself?
- I feel most grateful when?
- A moment I savoured...
- What makes you come alive?
- Describe the perfect day.
- What do I feel deeply inspired to do?
- Describe what fills you with a sense of wonder?
- Describe what's challenging you right now?
- When do you feel at your best?
- Describe the qualities that allow you to be at your best.
- What are you particularly talented in?