

February

JOURNALING PROMPTS

1. Reflect on this year's word of the year. Is the past month a good reflection of the word?
2. What is something that you have done in January that you are proud of?
3. If you must pick one animal to live with for the rest of your life, what would it be?
4. What have you done to embrace your creativity today?
5. Think of an incomplete task in your life. How can you get this task completed?
6. What book are you currently reading? How would you rate it so far?
7. Today is the National Send a Card to a Friend Day. Who do you want to send a card to?
8. What is your definition of love?
9. Share 3 things that you are grateful for today.
10. Do you prefer tacos or burritos?
11. What is something that you need to tell yourself repeatedly?
12. Do you celebrate Valentine's Day? Why or why not?
13. Who do you go to when you feel down? Why do you think you go to that person and not others?
14. Who is/are your valentine(s) or valentine-equivalent?
15. What color best describes your personality?
16. Do you prefer being the oldest sibling or the youngest? Why?
17. Who is the last person that told you "I love you"?
18. What can you do to be more generous to those around you?
19. What is one of your strengths when it comes to dealing with people?
20. What was your favorite childhood show?
21. Do you prefer work that has a set predictive schedule or one that is flexible but has spontaneous meetings?
22. Who are you envious of? What characteristics/ qualities are making you envious towards this person?
23. What is one memorable thing that happened today?
24. You are a successful Youtube content creator. What kind of content are you providing your audience?
25. How was the weather today where you live?
26. What is something that you wish that you have never said?
27. Do you prefer to watch movies or show that has multiple episodes?
28. What is a skill that you wish to learn?
29. List all the feelings that you felt today.