

February

JOURNALING PROMPTS



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- **What do you want to do this month?** What are 3 goals you have for February? List some action steps you can take to accomplish them?
- What do you plan to do differently in February?
- Write down 5 daily affirmations for February – choose from the list below
- List 10 things you love about February.
- What good/bad habits are you working on this month?
- How are you resetting your finances for this year?
- How are you resetting your health for this year?
- How are you resetting your lifestyle for this year?
- How are you resetting your personal growth for this year?
- What is making you feel happy so far this month?
- Write a stream of consciousness about how you feel right now.
- What is your main theme for today?
- What are your Valentine's Day plans?
- **Happy Valentine's Day** ❤️ Write down 5 things you love about your spouse/partner/significant other...or yourself if you're single
- **Mid-Month Review:** How are your goals for this month coming along? What can you accomplish in the remainder of the month?
- List 10 things you are grateful for this week.
- What do you do during a weekly reset?
- What do you do during a monthly reset?
- Describe a past heartbreak.
- What heartbreak are you still holding on to?
- What gives you bragging rights?
- List some of your best experiences.
- List some of your worst experiences.
- What was the highlight of your month?
- Looking ahead to next month: What events do you need to prepare for? What are you looking forward to?
- Month in Review: What lessons did you learn this month?
- Month in Review: How did this month go? Which goals did you complete? What do you still need to work on?

February AFFIRMATIONS

I deserve love and respect
My health and wellness are a top priority
There is nothing I can't do
With love, all things are possible
I am constantly trying to improve my life
I believe in love
I radiate love
I am a magnet for love
I attract unconditional love
I deserve unconditional love
I believe in romantic love
My soulmate is waiting for me
I attract love
I attract loving friendships
I am surrounded by love
I trust my heart
I have complete trust in myself
My head and heart are aligned
I am at peace
I prioritize love



Daily Affirmation: _____

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Daily Affirmation: _____

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