

February

Journaling Prompts

1. What does love mean to me?
2. What does self-love mean to me?
3. For me, what is the difference between like and love?
4. What does it take for me to feel loved?
5. What do I love about my life right now?
6. What do I love to do?
7. What would I love to do or do more?
8. What would I love my life to be?
9. Where is love on my list of values?
10. How do I express love to others?
11. How can I show/express more love to others on a daily basis?
12. Is there something stopping me from expressing more love?
13. Write about different kinds of love.
14. What traits do I consider attractive in a person?
15. Write about the love of my life.
16. Write a love letter to the one person I love the most.
17. Write about my self-love relationship.
18. Write a love letter to myself.
19. How can I love myself more?
20. Write 5 things I truly love about my body.
21. Write 5 things I truly love about my personality.
22. Write down my favorite quote about love.
23. What is in the way of having more love in my life?
24. What is one way that I can feel more love each day?
25. Do I feel loved enough right now?
26. Did I feel loved enough by my parents when I was a child?
27. Did I feel loved enough by my friends when I was a child?
28. What has love taught me throughout life?
29. How can I change any disempowering belief about love?

