February Journal Prompts List

28 daily prompts • Sheet 1 of 2 • FEBRUARY 1–14

Choose the date or pick any prompt. Messy counts.

WEEK 1 — A FRESH, SHORT MONTH

FEB 1	What would help me arrive in February at a pace that feels kind?
FEB 2	What did January teach me that I want to carry into this month?
FEB 3	What is one small intention I can hold for February?
FEB 4	Which ordinary part of today deserves a little more of my attention?
FEB 5	What has felt steady or familiar lately, and how does it support me?
FEB 6	What is one small thing I can make room for this week?
FEB 7	What would make this month feel manageable rather than full?

WEEK 2 — LOVE IN EVERY FORM

FEB 8	Who has shown me kindness recently, and how might I acknowledge it?
FEB 9	What is one thoughtful thing I can do for a friend or family member?
FEB 10	What does feeling cared for look like in my everyday life?
FEB 11	How can I offer kindness to someone in my community in a simple, realistic way?
FEB 12	What kind words would I like to hear, and can I write them to myself?
FEB 13	Which friendship or family connection would I like to gently nurture?
FEB 14	What kinds of love and care do I want to notice or celebrate today?