February Journal Prompts List

28 daily prompts • Sheet 2 of 2 • FEBRUARY 15–28

Choose the date or pick any prompt. Messy counts.

WEEK 3 — LATE WINTER LIGHT

FEB 15	What small comfort has helped me through a late-winter day?
FEB 16	Where have I noticed a little more daylight lately?
FEB 17	What part of winter am I ready to set down, even if only for today?
FEB 18	When do I feel quietly energized, without needing to do more?
FEB 19	What simple ritual makes an ordinary evening feel softer?
FEB 20	What is one thing I can enjoy slowly this week?
FEB 21	What has been growing quietly in my life, even if I cannot see the result yet?

WEEK 4 — LOOKING TOWARD SPRING

FEB 22	What would I like to leave behind as winter begins to loosen its hold?
FEB 23	What early sign of spring have I noticed, outdoors or in my own routine?
FEB 24	What would I like to make a little more room for in March?
FEB 25	What is one small plan I can look forward to next month?
FEB 26	Which habit, thought, or commitment no longer needs to come with me?
FEB 27	What do I want to remember about this February?
FEB 28	What would a gentle closing note to this month say?