



FEBRUARY

JOURNAL PROMPTS



1. Your favorite place
2. A person whom you admire
3. One thing the world needs more of
4. The best compliment that you have recieved
5. What do you need to be content?
6. Three small steps that could change the world
7. How do you take care of yourself when you are stressed?
8. Five things to do less often
9. Five things to do more often
10. Your favorite book
11. Three favorite book characters
12. Destinations you dream of traveling to
13. Do you work better in the morning or at night?
14. Your ideal morning routine
15. The movie you tell your friends to see
16. An important quote
17. What do you want to learn?
18. A moment you will always remember
19. One way you can help a friend
20. The best day you had last week
21. Five things you like about yourself
22. A good thing from today
23. An accomplishment you are proud of
24. A time when someone helped you
25. What are your priorities in life?
26. Something you don't understand
27. Describe the view from your window
28. The last thing that made you laugh

