



• FEBRUARY • JOURNAL •





What are you looking forward to this month?





What do you love about this time of year?



Valentine's Day is February 14. What plans do you have to celebrate the day, whether with a special person or with yourself?





How can you nourish self-love and self-kindness?





What qualities do you love about yourself?





How can you express and share your love with others?





Write a letter of appreciation to someone you love.






List 3 healthy habits you practice daily.





What random act of love can you share with others?





When you look back at the end of February, what have you loved the most about this month?





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