

February Journal Prompts

- Day 1:** 5 things I need to accomplish this month are...
- Day 2:** Is your view of love based more from fear or is it optimistic? Explain.
- Day 3:** Have you ever based your worth on the approval of others? Explain.
- Day 4:** Do you feel you need a relationship to be complete or happy? Why?
- Day 5:** Is self-love selfish or necessary? Why do you hold this belief?
- Day 6:** What are some misconceptions our culture has adapted about love?
- Day 7:** Take the Love Language test at www.5lovelanguages.com. Write down your love language. Is it true? Explain.
- Day 8:** Self-compassion consists of how well we treat ourselves mentally, emotionally and physically. On a scale of 1-10, how are you doing? Explain.
- Day 9:** What are 5 ways you can show God your devotion through your actions.
- Day 10:** Do you sometimes find it hard to love yourself? Explain. Write an encouraging love letter to your younger self.
- Day 11:** Romans 5:8 states, "God demonstrates his own love for us in this: While we were still sinners, Christ died for us." Write down this verse replaced with your name. What does this mean to you?
- Day 12:** Do you believe you are loved based on what you do and have to offer or who you are? Is this healthy or unhealthy? Explain.
- Day 13:** Read 1 Corin. 13:4-7. How have you been doing with these attributes?
- Day 14:** Define what love means and looks like to you and how you can practically do a better job of showing this love to those around you.
- Day 15:** What are 5 qualities any relationship must have in order to be healthy?
- Day 16:** Write a letter of forgiveness to someone who hurt or disappointed you (Challenge: List the offenses and then cross them off.)
- Day 17:** What does loving someone while keeping healthy boundaries look like?
- Day 18:** Write a letter to yourself during a time you doubted God's love for you.
- Day 19:** List 7 things you love to do that genuinely bring you peace and joy.
- Day 20:** Do you ever accomplish things to prove yourself to others? Explain.
- Day 21:** Is it hard to accept God's grace? Write 5 verses about His forgiveness.
- Day 22:** Has your parents relationship life effected your view of love? How?
- Day 23:** Write about 3 people who genuinely support you and thank them.
- Day 24:** Write about the first time you understood and encountered God's love.
- Day 25:** Write about a passion or hobby you love that makes you feel alive.
- Day 26:** Write about a relationship that went wrong and why it was dysfunctional.
- Day 27:** List 10 qualities you love about yourself.
- Day 28:** What do you believe is the best way to share truth in love to others?