

GROUNDHER

February Journaling Prompts

A quiet page for quiet reflection.

WEEK ONE — NOTICING

What does warmth actually feel like in my life right now — where do I already have it, and where is it missing?

What's one small thing that's felt good this week, even briefly?

WEEK TWO — SELF-KINDNESS

How do I typically speak to myself when I make a mistake, and how would I rather speak to myself instead?

What's one way I could be gentler with myself this week?

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WEEK THREE — CONNECTION

Who in my life makes me feel most at ease, and when did I last tell them that?

Is there a relationship I've been meaning to nurture, even in a small way?

WEEK FOUR — LOOKING AHEAD SOFTLY

What's one thing I'm quietly looking forward to, even if it's small?

What would it feel like to move into spring a little gentler with myself than I was in January?
