

# Evening Journaling

## for February

Ordinary & Happy

S	M	T	W	T	F	S
1 What around you reminds you of resilience.	2 Positives of the year so far.	3 January progress you're proud of.	4 A time you kept going, even when it felt like you wanted to give up.	5 How you've shown love in your own way to others.	6 What feels easier since the start of the year.	7 Ways winter brought you closer to loved ones.
8 Particular moments from this winter you felt the warmth of loved ones.	9 What has motivated you on cold mornings.	10 A time love made you feel a part of something bigger.	11 Home comforts that have grounded you through winter.	12 What around your home reminds you of love.	13 Who and what has made you feel loved this past year.	14 Your favorite memory with your significant other or a loved one.
15 Simple acts of love you've experienced this year.	16 Opportunities you were open to this season, even if you didn't take them.	17 Random acts of kindness that left an impression on you.	18 Ways you feel strong when you look in the mirror.	19 Unexpected small wins from this past winter.	20 Items around your home that have comforted you this winter.	21 What comforts you when you look up at the night sky.
22 One way you embraced change last year.	23 A memorable conversation that changed your outlook.	24 Things that represent your personality in your home.	25 People you've never met who have inspired you.	26 Fond memories from spring last year.	27 What surprised you about the month in a good way.	28 Positive ways winter has shaped you.