February Journaling About Love

Ordinary & Happy

S	M	T	W	T	F	S
1 When you wake up in the morning, what makes you feel loved.	2 What love means to you in its simplest form.	3 Simple ways you show love without expecta-tion.	4 What you love about yourself.	5 Recount moments you showed yourself kindness.	6 What in your home reminds you of love.	7 Re-search your love language and identify examples of that type of love.
8 Ways you show love to your family.	9 Ways family makes you feel loved.	10 Recount a vivid memory of a loving embrace.	11 Describe a moment you saw two people truly in love.	12 What you love about your journey and how it's unique to you.	13 People outside of your family that make you feel loved.	14 Identify words you associate with love.
15 Ex-amples of love that aren't romantic you feel are important.	16 Simple ways a particular person makes you feel loved.	17 Ways love has evolved in your life.	18 Ways nature makes you feel loved.	19 Times you had to show patience with love.	20 Ways love has surprised you.	21 Love you have for the present moment.
22 Ways your local communi-ty makes you feel loved.	23 Simple things in life you love.	24 Memories you love.	25 Love in your life that has withstood tough times.	26 A decision that was guided by love, even if it was tough, and was worth it.	27 Ways love has enriched your life.	28 What you've loved about this month.