

# Self-Care Journaling

## for February

Ordinary & *Happy*

S	M	T	W	T	F	S
<b>1</b> A word to guide you this month and why.	<b>2</b> Reflect on any self-care activities you did in January and what worked.	<b>3</b> What warmth feels like physically and in your heart.	<b>4</b> Positive words you can say to yourself when you're tired.	<b>5</b> Positive things to reflect on during a cold winter night.	<b>6</b> Simple ways you can love yourself when you look in the mirror.	<b>7</b> A boundary that can make you feel more valued.
<b>8</b> Something that makes you feel strong.	<b>9</b> Ways you can love yourself by doing less, not more.	<b>10</b> Recount moments you felt deeply connected to someone.	<b>11</b> What your love language is and examples of when you felt loved.	<b>12</b> Items, decor, or mementos at home that remind you of love.	<b>13</b> Simple, everyday acts of love that you or others may overlook.	<b>14</b> What makes you feel loved right now.
<b>15</b> Decisions you've made so far this year for yourself, not just others.	<b>16</b> Identify moments of warmth and connection throughout this winter.	<b>17</b> Something that feels easier now compared to the start of the year.	<b>18</b> What you're ready to leave behind in winter once spring arrives.	<b>19</b> What feels possible now that didn't before.	<b>20</b> One way you've shown yourself you're able to navigate change this year.	<b>21</b> One way you feel you've grown this year so far.
<b>22</b> One thing you're ready to welcome into your life when spring arrives.	<b>23</b> What you want to carry forward from winter into spring.	<b>24</b> How you can make the most of the few minutes of additional light every evening.	<b>25</b> Simple ways to bring more nature into your home.	<b>26</b> Opportunities you're going to look for next month.	<b>27</b> Ways you prioritized your self-care a little more this month.	<b>28</b> What about spring can bring out the best version of you.