

February

Self-Reflection & Growth Prompts

1 How do I want to feel loved by myself this month?



2 What do I appreciate about the way I show up for people?



3 What does being a good friend to myself actually look like?



4 Where am I seeking validation that I could begin giving myself?



5 What part of myself deserves more patience right now?



6 What kind of love or attention do I no longer want to chase?

