

FEBRUARY

1. Describe January in one sentence.
2. With January behind you, how do you really feel about this new year?
3. What does February mean to you?
4. What has changed in your life since last February?
5. What are your intentions for February? Map out your action steps.
6. What emotion triggers you the most? What impact does it have on your growth and relationships with yourself and others?
7. What do you need to release from your heart?
8. Describe your ideal or perfect relationship.
9. What does love mean to you?
10. What's your current self-care routine? How is it serving you?
11. Describe a recent new connection.
12. If you could take a friend with you and travel anywhere in the world, where would you go and why?
13. How do you connect with your community?
14. Write a letter to your future self, discussing the connections you'd like to create or cultivate by the end of the year.
15. How do you express love to yourself? How do you express love to others?
16. What's the most romantic thing anyone has ever done for you?
17. Create a list of activities that make you feel alive, and schedule them in your calendar.
18. Reflect on a time when you had to step out of your comfort zone. What did you learn?
19. Describe your most vulnerable moment.
20. Write about a love movie that inspired you.
21. Complete this sentence: I feel most loved when I am _____.
22. If social media didn't exist, how would your social life be different?
23. How can you infuse more spontaneity, joy, and love into your daily life this month?
24. What is your love language? What is your self-love language?
25. How can you make today extra special?
26. What's your favourite solo activity and why?
27. What are your thoughts about this quote from Antoine de Saint-Exupéry "Love does not consist in gazing at each other, but in looking outward together in the same direction."?
28. Reflect on a past relationship and how it moved you forward in unexpected ways.
29. List five things that make your heart melt.