

# February

## REFLECTION PROMPTS

Give yourself time and space to quietly reflect on the prompts below. You might like to light a candle or incense and make yourself a cup of a tea to set the mood.

Give yourself permission to write what comes to mind without judgment. Dig deep, be honest, and allow your answers to flow. What you uncover will help you make better decisions that align with your values and support your wellbeing.

Try to keep your monthly reflections in the same place. You may choose to complete this ritual in your journal or the lined pages ahead.

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1. List and describe at five things you're good at doing.
  2. What do you really love about yourself?
  3. What compliment do you often get that you have a difficult time accepting? Why do you struggle to accept it?
  4. Describe a time in your life when you felt really good about yourself. What were the circumstances?
  5. What's something you would stop doing or do more of if you were more confident?



A series of 34 horizontal dotted lines spanning the width of the page, providing a template for handwriting practice.





A series of horizontal dotted lines for writing.