

"ONE QUESTION A DAY"

February

1. What is my love language? (there are five types)
2. If the entire world was listening to me, what would I say?
3. What are 3 things special and unique about me?
4. If my body could talk, what would it tell me?
5. How could I show myself love? What would I do?
6. I need to thank myself for?
7. What are some things I want to say "YES" to, but haven't?
8. What am I most likely wrong about?
9. If I didn't need to sleep, what would I do with the extra time?
10. 5 things I want to do this year to take better care of myself?
11. What are some things I would like to unlearn?
12. 3 negative things I need to stop telling myself?
13. What did I do yesterday that I should compliment myself today?
14. What do I need to forgive myself for?
15. If I could describe myself in one word, what word would that be?
16. What 3 things I love about myself? (not physical or appearance)
17. What would I choose to do if I knew I could not fail?
18. If I could have one wish granted, what would I ask for?
19. What's one simple thing I could do to unwind at the end of the day?
20. If I could break one rule, what would it be?
21. What's one thing I know I should let go of, but just can't?
22. What do I spend way too much time doing?
23. What am I not spending enough time on?
24. What helps me relax?
25. What would my perfect day look like?
26. Three affirmations I should be telling myself daily?
27. One thing I need to get off my chest is?
28. How would I end this sentence: Happiness is.....?
29. What past memory would I love to re-live?

