

28 DAYS TO UNCOVER WHAT SETS YOUR SOUL
ON FIRE

FEBRUARY FLAMES

www.thegrowthdiaryink.com



@theGrowthDiaryInk

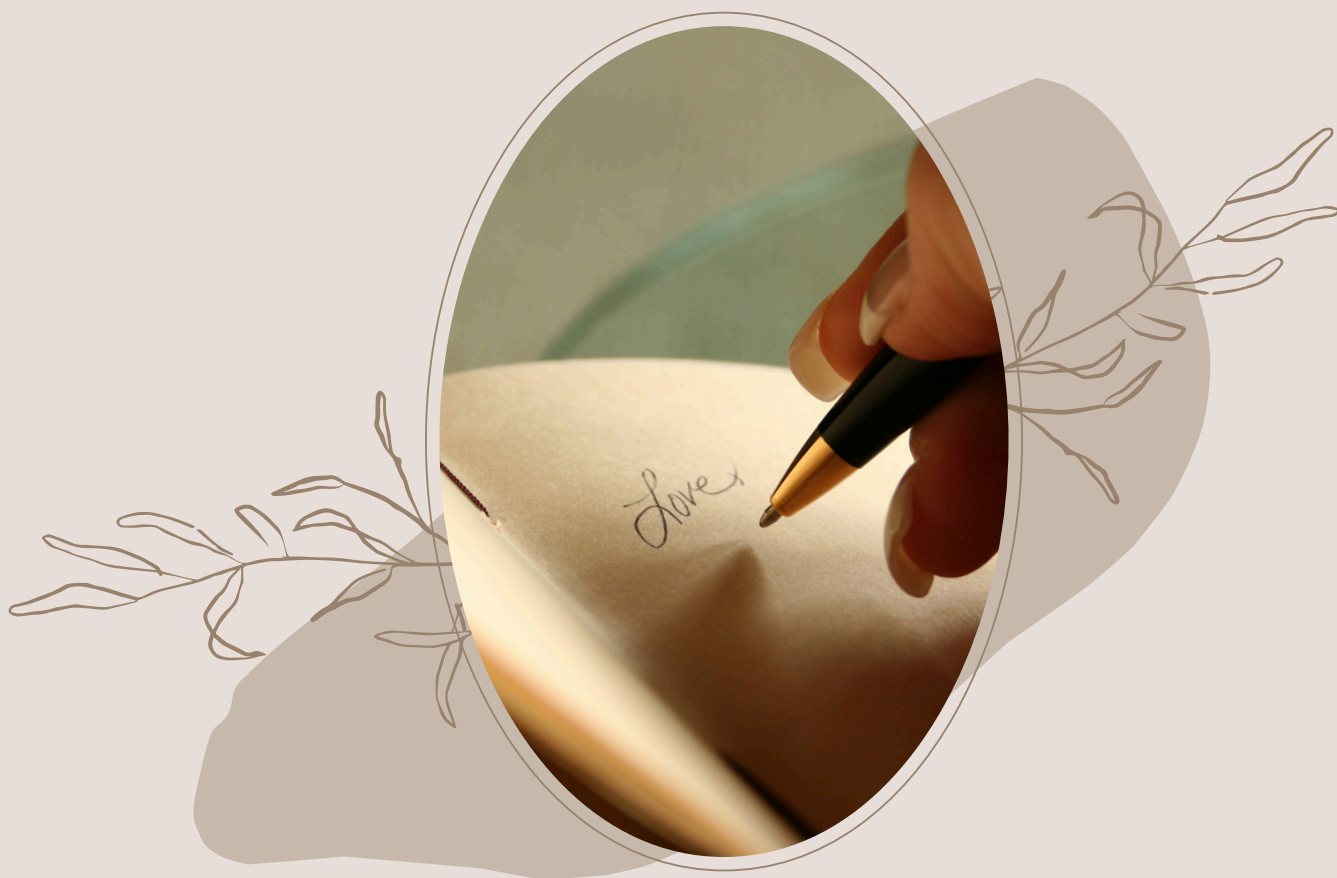
WELCOME

February is often associated with love, but beyond romance, it's also the perfect time to rekindle the fire within yourself—your passions, desires, and dreams. February Flames is your invitation to explore what truly excites you, energizes you, and makes life feel rich with purpose.

Over the next 28 days, you'll reflect on the lessons of the past, dive deep into what sparks your passion, and uncover ways to stay motivated and aligned with what matters most to you. Whether you're seeking clarity, inspiration, or simply a way to connect more deeply with yourself, this journal will be your guide.

So light a candle, grab your favorite drink, and let's begin this journey together.

Here's to a month of passion, purpose, and unstoppable fire.



joy and

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A decorative illustration of a branch with several long, slender, pointed leaves and small, round berries. The branch is rendered in a simple, elegant line style. The background features a light beige color with a subtle pattern of horizontal dotted lines. A soft, light beige circular shape is visible on the left side, partially overlapping the branch.

2

What are your top three priorities for this month? How can you infuse them with joy and purpose?

3


What is something you deeply desire this month? How can you take the first step toward it?

4 What activities make you lose track of time? List everything that you can think of.

5 When do you feel most alive and fulfilled? Describe the sensations, emotions, and circumstances.

6 What childhood dreams or interests still excite you? How can you reconnect with them?

Can you



7 What topics do you love learning about or talking about for hours?

A decorative illustration of a branch with several long, slender leaves and clusters of small berries. The branch is rendered in a dark brown line-art style, with the leaves and berries also in brown. The background is a light beige color with a subtle pattern of horizontal dotted lines. A soft, light brown curved shape is visible behind the branch on the left side.

8 If money weren't a factor, what would you love to do every day? Be as detailed as possible.

9

What was the most fulfilling moment of the past week, and why?

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What challenges did you face this week, and what lessons did they teach you?

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What are you most grateful for as you close this week and begin a new one?

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What are three intentions you want to set for the week ahead?

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10 What skills or talents do you have that make you feel confident and empowered?

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What fears or limiting beliefs hold you back from fully embracing your dreams? How can you overcome them?

12

What grudges or past hurt do you need to forgive—either others or yourself—in order to move forward and embracing your authentic self?

13 How does your environment influence your motivation and creativity? What changes can you make to enhance it?

14 What self-care practices help you stay energized and inspired?
Are there new ones you'd like to try?

15 What self-care practices help you stay energized and inspired?
Are there new ones you'd like to try?

A decorative illustration of a branch with leaves and berries, rendered in a simple, stylized manner. The branch is brown and curves across the page. It has several green leaves and small brown berries. The background is white with a light brown curved shape on the left and a series of horizontal dotted lines on the right.

16

How did you honor your passions this week, and how can you do more of that next week?

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What challenges did you face this week, and what lessons did they teach you?

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17 Who or what inspires you to follow your passions, and why?

18 If you could create your ideal career or lifestyle, what would it look like?

19


Write about a time when you felt truly passionate and engaged
—what were you doing?



A series of horizontal dotted lines for writing.

20

What small daily actions can you take to stay connected to
your passion?



A series of horizontal dotted lines for writing.

21

How does passion influence your relationships, career, and personal growth?

22

Do you know what you desire, both big and small? (If not, make a list.) Select one thing from your list to do today.

23

How did you honor your passions this week, and how can you do more of that next week?

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What limiting beliefs or doubts held you back this week, and how can you shift your mindset?

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What are you most grateful for as you close this week and begin a new one?

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If next week could feel exactly the way you want it to, what would that look and feel like?

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24

What emotions arise when you think about pursuing your passion more fully?

25

How do you feel about your yearly goals right now? Have any of them shifted or evolved since January?

passion,
more

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28

What are you most grateful for this month?

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What challenges did you face, and how did you handle them? What unexpected lessons did February teach you?

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How did you nurture your passion this month?

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What was your biggest achievement this month?

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As you reach the final pages of February Flames: 28 Days to Uncover What Sets Your Soul on Fire, take a moment to honor the journey you've embarked on this month. Through self-reflection, passion-fueled exploration, and intentional action, you've deepened your connection to what truly excites and fulfills you.

Thank you for showing up for yourself this month. Keep shining, keep creating, and most importantly—keep following what sets your soul on fire.

*With gratitude,
The Growth Diary Ink*