

# 28 Journal Prompts For Your Romantic Relationship

Following are 28 journal prompts meant to help you dig into your romantic relationship, discover issues, and discover ways that you can build up your relationship and make it stronger. Each day tackle a new prompt in your journal and write whatever comes to mind. This is about you and your relationship, so let your honesty flow!

You can do this challenge in February, often called the romance month, but you can also do this romantic challenge whenever you want. There is no one better time to work on your relationship than another. It's the most important thing in your life so every day is a good day to work on it.

1. Am I making my relationship a priority?
2. Do I spend enough quality time with my partner?
3. How can I improve communication in our relationship?
4. What do I see in other relationships that I feel is missing in mine?
5. How can I make my partner feel more loved?
6. How can I show my love more?
7. What relationship habits do I want to develop?
8. Do I take time to listen to my partner and understand where they are coming from?
9. Do I give my partner enough space to be their own person?
10. Is there a need that I'm not fulfilling for my partner?
11. Do I follow through with my promises to my partner?
12. Am I my partner's biggest fan?
13. What attracted me to my partner in this first place?
14. What things used to be cute about my partner that are now annoying. Can they be cute again?
15. How often do I show my gratitude for my partner?
16. What do I believe about healthy relationships?
17. Where do I see our relationship in 20 years?
18. What do I need to do to help us move towards my vision from yesterday?
19. Do I treat my partner unfairly? If yes, how can I stop that?
20. Do I know myself enough to help my partner understand what I want?
21. Do we fight fairly?
22. Do I take the time to get to know my partner?
23. How do I make my partner's life easier?
24. What are our love routines and habits?
25. Is there anyone who treats my partner better than I do?
26. Do I treat my partner better through text than in person?
27. Do I let my partner vent?
28. What new experiences am I having/could I have with my partner?