

# February

## Morning Journaling

..... Ordinary & *Happy* .....

S	M	T	W	T	F	S
1 How a particular new routine from January makes you feel.	2 What a positive winter morning could look like.	3 Something ordinary to look for beauty in today.	4 One positive way you're different from last year's self.	5 Something kind you can do for a loved one this winter.	6 One thing you've overcome so far this winter.	7 One positive from February so far.
8 Something you're quietly hopeful about.	9 What physical things make you feel warm.	10 What non-physical things make you feel warm.	11 Simple ideas to make Valentine's Day special for you and/or your significant other.	12 If you don't celebrate it, simple ideas for connection tomorrow.	13 What it means, to you, to love someone.	14 How else you can experience 'love' outside of romance.
15 What a self-love Sunday could look like.	16 One positive shift or realization since the start of February.	17 One positive of slowing down and being more intentional.	18 Identify what you notice or feel when you intentionally slow down.	19 What sounds or morning occurrences bring you calm and/or joy.	20 Where the progress you've made so far this year is taking you.	21 What about spring you're looking forward to.
22 What you feel or see when you read 'flowers in bloom'.	23 One way you'll make this spring different in a positive way.	24 Final progress or goals you can reach before spring arrives.	25 Positive changes you've noticed/ are noticing in yourself.	26 One way you can make the most of lighter days.	27 One simple way you can feed the curious side of you.	28 What January & February goals, routines, or progress you'll continue into March.