

# February 2nd

# Full-Day Planner



Ordinary & Happy

## POSITIVITY IDEAS

- **Wake-Up Song:** “Cover Me in Sunshine” P!nk & Willow Sage Hart
- **Fill-in-the-Blank Positive Thought:** One way I’ll make a difference in February is...
- **Self-Confidence Song:** “Don’t Stop Me Now” Queen

Right this moment, you can make a difference with your actions and words.

### BREAKFAST

Tropical Yogurt Parfait

### LUNCH

Chicken Club Sandwich

### DINNER

Pesto Gnocchi with Roasted Tomatoes

## THINGS TO DO TODAY

- **February Bucket List:** Visit a new coffee shop in the morning or in the afternoon.
- **Self-Care Idea:** Light a scented candle (pick your favorite scent).
- **Decluttering Idea:** Tidy your workspace for 15 minutes.
- **Trying Something New:** Rather than ‘how was your weekend’, ask someone a different question.
- **Doodling Idea:** Chocolate box.
- **Watercoloring Idea:** Favorite sweater.
- **Photo Idea:** Someone holding a photograph.

## QUALITY TIME WITH LOVED ONES

- **Friendship Appreciation Idea:** Share a photo memory with a friend.
- **Romantic Gesture:** Kiss your significant other on the forehead in the morning.
- **Classic Love Song to Dance to:** “The Way You Look Tonight” Frank Sinatra
- **Modern Love Song to Dance to:** “Thinking Out Loud” Ed Sheeran

## THE DAY'S JOURNALING

- **Morning Journaling:** What a positive winter morning could look like.
- **Evening Journaling:** Positives of the year so far.
- **Self-Care Journaling:** Reflect on any self-care activities you did in January and what worked.
- **Winter Reflection Journaling** How time has felt different in winter.