

February 3rd Daily Planner



.....♥.....♥..... Ordinary & Happy

IDEAS FOR A POSITIVE DAY

- **Wake-Up Song:** “Upside Down” Jack Johnson
- **Fill-in-the-Blank Positive Thought:** This year has been great so far because...
- **Self-Confidence Song:** “Make Your Own Kind of Music” Cass Elliott

You have time to take this year’s path to extraordinary places.

BREAKFAST

Scrambled Eggs, Pesto & Mozzarella Sandwich

LUNCH

Smoked Salmon Salad

DINNER

Chicken & Veggies Traybake

WHAT YOU COULD DO TODAY

- **February Bucket List:** Have a self-care evening.
- **Self-Care Idea:** Enjoy a bubble bath.
- **Decluttering Idea:** Go through your purse/bag and organize it.
- **Trying Something New:** Listen to a song from a new-to-you genre of music.
- **Doodling Idea:** Beanie hat.
- **Watercoloring Idea:** Indoor plant by a window.
- **Photo Idea:** Light through the trees.

FRIENDSHIP & ROMANTIC IDEAS

- **Friendship Appreciation Idea:** Share an encouraging message with a friend.
- **Romantic Gesture:** Create a shared folder titled ‘this year’s memories’ you can both put photos in.
- **Classic Love Song to Dance to:** “Cheek to Cheek” Ella Fitzgerald & Louis Armstrong
- **Modern Love Song to Dance to:** “Speechless” Dan + Shay

JOURNALING IDEAS

- **Morning Journaling:** Something ordinary to look for beauty in today.
- **Evening Journaling:** January progress you’re proud of.
- **Self-Care Journaling:** What warmth feels like physically and in your heart.
- **Winter Reflection Journaling** Sounds that have defined winter.