February 4th All-Day Planner

Ordinary & Happy

POSITIVE DAY SUGGESTIONS

- **Wake-Up Song:** "Shine" Take That
- **Fill-in-the-Blank Positive Thought:** I feel safe and warm when...
- **Self-Confidence Song:** "Born to Run" Bruce Springsteen

Your choice of words can carry warmth.

BREAKFAST	LUNCH	DINNER
Bagel with Cream Cheese & Your Favorite Toppings	Cobb Salad	Fish with Lemon Butter Sauce & Baby Potatoes

ACTIVITIES FOR THE DAY

- **February Bucket List:** Get yourself a bouquet of your favorite flowers.
- **Self-Care Idea:** Go for a walk and look for three things you like around you.
- **Decluttering Idea:** Declutter and organize the car for 20 minutes.
- **Trying Something New:** Go into a store you've never been in before.
- **Doodling Idea:** Heart balloon.
- **Watercoloring Idea:** Stamp.
- **Photo Idea:** A door that's ajar.

QUALITY TIME WITH LOVED ONES

- **Friendship Appreciation Idea:** Tag friends in a relatable or funny post.
- **Romantic Gesture:** Take a photo in a photo booth together at a mall or supermarket.
- **Classic Love Song to Dance to:** "Can't Help Falling in Love" Elvis Presley
- **Modern Love Song to Dance to:** "Until I Found You" Stephen Sanchez

JOURNALING FOR THE DAY

- **Morning Journaling:** One positive way you're different from last year's self.
- **Evening Journaling:** A time you kept going, even when it felt like you wanted to give up.
- **Self-Care Journaling:** Positive words you can say to yourself when you're tired.
- **Winter Reflection Journaling** Changes you've noticed in the sky.