



Ordinary & Happy

FEEL - GOOD IDEAS

- **Wake-Up Song:** "Count on Me" Bruno Mars
- **Fill-in-the-Blank Positive Thought:** Something I love about myself I often overlook is...
- **Self-Confidence Song:** "I'm Still Standing" Elton John

Remember to show yourself as much love as you do your loved ones.

BREAKFAST

Green Smoothie

LUNCH

Club Sandwich

DINNER

Creamy Sausage Pasta
with Roasted Peppers

IDEAS FOR THE DAY

- **February Bucket List:** Go ice skating.
- **Self-Care Idea:** Get yourself a new notebook or stationery you like.
- **Decluttering Idea:** Set a 15-min timer & tidy as many surfaces as you can in the kitchen.
- **Trying Something New:** Take a photo with an app, filter, or setting you've never used before.
- **Doodling Idea:** Raindrops.
- **Watercoloring Idea:** Citrus fruit in a bowl.
- **Photo Idea:** Icicle.

FRIENDSHIP & ROMANTIC IDEAS

- **Friendship Appreciation Idea:** Send a 'hope you're well' message to someone you haven't talked with in a while.
- **Romantic Gesture:** Share an uplifting video with them.
- **Classic Love Song to Dance to:** "Unchained Melody" The Righteous Brothers
- **Modern Love Song to Dance to:** "You Are the Best Thing" Ray LaMontagne

JOURNALING IDEAS

- **Morning Journaling:** Something kind you can do for a loved one this winter.
- **Evening Journaling:** How you've shown love in your own way to others.
- **Self-Care Journaling:** Positive things to reflect on during a cold winter night.
- **Winter Reflection Journaling** Nature that has still thrived despite the cold.