



Ordinary & Happy

POSITIVE IDEAS FOR THE DAY

- **Wake-Up Song:** "Good Life" OneRepublic
- **Fill-in-the-Blank Positive Thought:** A beautiful memory I have from this winter is...
- **Self-Confidence Song:** "Roar" Katy Perry

Often, the simplest acts of love leave the biggest impression.

BREAKFAST

Avocado Toast

LUNCH

Chicken Caesar Salad

DINNER

Burger with Zucchini Fries & Salad

QUALITY TIME WITH LOVED ONES

- **Friendship Appreciation Idea:** Ask a friend if they need help with anything.
- **Romantic Gesture:** Design your perfect 'ordinary day' together.
- **Classic Love Song to Dance to:** "Let's Stay Together" Al Green
- **Modern Love Song to Dance to:** "Everything" Michael Bublé

IDEAS FOR THE DAY

- **February Bucket List:** Have a movie marathon with hot cocoa or popcorn.
- **Self-Care Idea:** Try a new lip balm.
- **Decluttering Idea:** Tidy the messiest shelf in the fridge.
- **Trying Something New:** Try a new warm drink at a coffee shop.
- **Doodling Idea:** Lollipop.
- **Watercoloring Idea:** Golden light through frosted glass.
- **Photo Idea:** Frozen yogurt.

JOURNALING FOR THE DAY

- **Morning Journaling:** One thing you've overcome so far this winter.
- **Evening Journaling:** What feels easier since the start of the year.
- **Self-Care Journaling:** Simple ways you can love yourself when you look in the mirror.
- **Winter Reflection Journaling:** Beautiful feats of nature you've noticed.