



Ordinary & Happy

## FEEL-GOOD SUGGESTIONS

- **Wake-Up Song:** “Better When I’m Dancin’” Meghan Trainor
- **Fill-in-the-Blank Positive Thought:** Even on a day I don’t get much done, the day still matters because...
- **Self-Confidence Song:** “The Middle” Jimmy Eat World

Today, simply be with the person you love the most.

### BREAKFAST

Waffles with Your Favorite Toppings

### LUNCH

Chicken Tortilla Soup

### DINNER

Chicken Orzo with Veggies

## THINGS TO DO

- **February Bucket List:** Go on a scenic walk.
- **Self-Care Idea:** Watch a movie you love.
- **Decluttering Idea:** Set a 30-min timer and tidy the fridge, tossing expired things.
- **Trying Something New:** Play an indoor sport you’ve never tried.
- **Doodling Idea:** Diamond.
- **Watercoloring Idea:** Patterns on crockery.
- **Photo Idea:** Reflection in a puddle.

## FRIENDSHIP & ROMANTIC SUGGESTIONS

- **Friendship Appreciation Idea:** Ask a friend if they want to go shopping with you.
- **Romantic Gesture:** Create a snack platter for the two of you to enjoy.
- **Classic Love Song to Dance to:** “Crazy Love” Van Morrison
- **Modern Love Song to Dance to:** “Lover” Taylor Swift

## JOURNALING FOR THE DAY

- **Morning Journaling:** One positive from February so far.
- **Evening Journaling:** Ways winter brought you closer to loved ones.
- **Self-Care Journaling:** A boundary that can make you feel more valued.
- **Winter Reflection Journaling** Times you’ve noticed light through the grey and dark.