



Ordinary & Happy

## FEEL - GOOD IDEAS

- **Wake-Up Song:** "Good Life" Jon Batiste
- **Fill-in-the-Blank Positive Thought:** Winter has shown me how resilient I am because...
- **Self-Confidence Song:** "Shake It Off" Taylor Swift

Let those little ordinary joys into your heart today.

### BREAKFAST

Smoked Salmon Omelet

### LUNCH

Couscous Salad

### DINNER

Pizza with Side Salad

## QUALITY TIME WITH LOVED ONES

- **Friendship Appreciation Idea:** Host a football watch party (or a movie night).
- **Romantic Gesture:** Write down all the places you've visited together.
- **Classic Love Song to Dance to:** "Always and Forever" Luther Vandross
- **Modern Love Song to Dance to:** "I Won't Give Up" Jason Mraz

## ACTIVITIES & THINGS TO DO

- **February Bucket List:** Host a get-together with friends.
- **Self-Care Idea:** List ten things you're grateful for.
- **Decluttering Idea:** Set a 30-min timer and tidy the pantry.
- **Trying Something New:** Host a football watch party (or a movie night).
- **Doodling Idea:** Trophy.
- **Watercoloring Idea:** Hearts on a piece of clothing.
- **Photo Idea:** Football.

## JOURNALING FOR THE DAY

- **Morning Journaling:** Something you're quietly hopeful about.
- **Evening Journaling:** Particular moments from this winter you felt the warmth of loved ones.
- **Self-Care Journaling:** Something that makes you feel strong.
- **Winter Reflection Journaling** What has brought warmth into ordinary days.