



## FEEL - GOOD IDEAS

- **Wake-Up Song:** "Feeling Good" Michael Bublé
- **Fill-in-the-Blank Positive Thought:** Right now, I feel loved because...
- **Self-Confidence Song:** "Glorious" Macklemore ft. Skylar Grey

Speak with confidence. Your perspective is unique.

### BREAKFAST

Spinach, Feta & Egg  
Wrap

### LUNCH

Tomato Cheddar  
Sandwich

### DINNER

Chicken Rice Bowl

## ACTIVITIES & IDEAS FOR THE DAY

- **February Bucket List:** Have a chocolate and tea tasting at home.
- **Self-Care Idea:** Put on your favorite playlist.
- **Decluttering Idea:** Declutter and organize the entertainment/TV area and cables.
- **Trying Something New:** For 10 minutes, look at anything else in your house instead of a screen.
- **Doodling Idea:** Spiral staircase.
- **Watercoloring Idea:** Curtains.
- **Photo Idea:** Something red.

## QUALITY TIME WITH LOVED ONES

- **Friendship Appreciation Idea:** Run an errand that you and a friend need to do together.
- **Romantic Gesture:** Get them a simple gift for the home.
- **Classic Love Song to Dance to:** "For Once in My Life" Stevie Wonder
- **Modern Love Song to Dance to:** "I Choose You" Sara Bareilles

## JOURNALING FOR THE DAY

- **Morning Journaling:** What non-physical things make you feel warm.
- **Evening Journaling:** A time love made you feel a part of something bigger.
- **Self-Care Journaling:** Recount moments you felt deeply connected to someone.
- **Winter Reflection Journaling** Moments of closeness with others.