



Ordinary & Happy

IDEAS FOR A POSITIVE DAY

- **Wake-Up Song:** “Pocketful of Sunshine” Natasha Bedingfield
- **Fill-in-the-Blank Positive Thought:** Times I’ve felt deeply loved include...
- **Self-Confidence Song:** “Superheroes” The Script

Sometimes, just sitting and being present is all we need.

BREAKFAST

Banana Muffin

LUNCH

Chicken Salad Sandwich

DINNER

Smoked Salmon
Avocado Salad

ACTIVITIES & THINGS TO DO

- **February Bucket List:** Write Valentine’s Day or Galentine’s Day cards.
- **Self-Care Idea:** Write a sweet note to yourself.
- **Decluttering Idea:** Put away anything that doesn’t belong in the living room.
- **Trying Something New:** Choose a place and figure out how you would get there without driving.
- **Doodling Idea:** Cozy nook.
- **Watercoloring Idea:** Snowdrops.
- **Photo Idea:** Portrait of a loved one.

ALL DAY JOURNALING

- **Morning Journaling:** Simple ideas to make Valentine’s Day special for you and/or your significant other.
- **Evening Journaling:** Home comforts that have grounded you through winter.
- **Self-Care Journaling:** What your love language is and examples of when you felt loved.
- **Winter Reflection Journaling:** Familiar comforts that have helped you through winter.

ROMANTIC & FRIENDSHIP IDEAS

- **Friendship Appreciation Idea:** Ask a friend if they want to try a new workout class with you.
- **Romantic Gesture:** Share a keepsake or memento with them (e.g., movie tickets) and revisit the memory together.
- **Classic Love Song to Dance to:** “Endless Love” Lionel Richie & Diana Ross
- **Modern Love Song to Dance to:** “Say You Won’t Let Go” James Arthur