

# February 12th

# All-Day Planner



Ordinary & Happy

## POSITIVE & FEEL-GOOD IDEAS

- **Wake-Up Song:** “Good Day for a Good Day” Michael Franti & Spearhead
- **Fill-in-the-Blank Positive Thought:** Since the start of the year, I’ve made progress on...
- **Self-Confidence Song:** “The Greatest” Sia

The things you do now are planting the seeds of your future.

### BREAKFAST

Breakfast Tacos

### LUNCH

Chopped Salad

### DINNER

Baked Salmon with Veggies

## ACTIVITIES & THINGS TO DO

- **February Bucket List:** Bake heart-shaped cookies.
- **Self-Care Idea:** Try a new hand cream.
- **Decluttering Idea:** Clear the coffee table.
- **Trying Something New:** Watch a movie in a different language.
- **Doodling Idea:** Kettle.
- **Watercoloring Idea:** Memento in your house.
- **Photo Idea:** Pancakes.

## GREAT JOURNALING IDEAS

- **Morning Journaling:** If you don’t celebrate it, simple ideas for connection tomorrow.
- **Evening Journaling:** What around your home reminds you of love.
- **Self-Care Journaling:** Items, decor, or mementos at home that remind you of love.
- **Winter Reflection Journaling** Spaces that have felt welcoming this season.

## ROMANTIC & FRIENDSHIP IDEAS

- **Friendship Appreciation Idea:** Like or share a friend’s post.
- **Romantic Gesture:** Dance to a love song in the kitchen together.
- **Classic Love Song to Dance to:** “Unforgettable” Nat King Cole
- **Modern Love Song to Dance to:** “You Are the Reason” Calum Scott & Leona Lewis