

February 13th Ideas & Planner



Ordinary & Happy

MOTIVATING & FEEL-GOOD IDEAS

- **Wake-Up Song:** “A Million Dreams” Ziv Zaifman, Hugh Jackman, & Michelle Williams
- **Fill-in-the-Blank Positive Thought:** One way I’ve loved myself recently includes...
- **Self-Confidence Song:** “Fight Song” Rachel Platten

Every day is a new opportunity to make amazing memories.

BREAKFAST

Tropical Smoothie

LUNCH

Chicken & Avocado
Wrap

DINNER

Flatbread Pizza with
Side Salad

IDEAS & ACTIVITIES FOR THE DAY

- **February Bucket List:** Watch a rom-com with your significant other or friends.
- **Self-Care Idea:** Write a list of things you love about yourself.
- **Decluttering Idea:** Remove any knick-knacks you don’t need.
- **Trying Something New:** Write and send a postcard to a friend who lives in another city or country.
- **Doodling Idea:** Heart-shaped cookies.
- **Watercoloring Idea:** Heart-shaped steam from a cup of tea or coffee.
- **Photo Idea:** Sentimental piece of jewelry.

JOURNALING IDEAS

- **Morning Journaling:** What it means, to you, to love someone.
- **Evening Journaling:** Who and what has made you feel loved this past year.
- **Self-Care Journaling:** Simple, everyday acts of love that you or others may overlook.
- **Winter Reflection Journaling** Simple ways you’ve cared for others.

FRIENDSHIP & ROMANTIC IDEAS

- **Friendship Appreciation Idea:** Host a Galentine’s Day dinner at home.
- **Romantic Gesture:** Watch a movie with homemade popcorn.
- **Classic Love Song to Dance to:** “Wonderful Tonight” Eric Clapton
- **Modern Love Song to Dance to:** “Beautiful Things” Benson Boone