



IDEAS FOR POSITIVITY

- **Wake-Up Song:** “Bright” Echosmith
- **Fill-in-the-Blank Positive Thought:** For me, the most wonderful thing about love is...
- **Self-Confidence Song:** “Brave” Sara Bareilles

Cherish the simple moments with loved ones.

BREAKFAST

French Toast

LUNCH

Lemon Shrimp Salad

DINNER

Steak and Veggies with Mashed Potatoes

QUALITY TIME WITH LOVED ONES

- **Friendship Appreciation Idea:** Recreate a famous duo in costume and take a photo.
- **Romantic Gesture:** Whatever your plans for Valentine’s Day, if any, both wear your favorite outfits.
- **Classic Love Song to Dance to:** “At Last” Etta James
- **Modern Love Song to Dance to:** “Perfect” Ed Sheeran

ACTIVITIES & THINGS TO DO

- **February Bucket List:** Celebrate Valentine’s Day with your significant other or on a solo date.
- **Self-Care Idea:** Wear your favorite outfit.
- **Decluttering Idea:** Set a 20-min timer and organize the remaining things in the living room.
- **Trying Something New:** Say ‘I love you’ in a different language.
- **Doodling Idea:** Love letter.
- **Watercoloring Idea:** Eiffel Tower silhouette.
- **Photo Idea:** Something heart-shaped.

ALL DAY JOURNALING

- **Morning Journaling:** How else you can experience ‘love’ outside of romance.
- **Evening Journaling:** Your favorite memory with your significant other or a loved one.
- **Self-Care Journaling:** What makes you feel loved right now.
- **Winter Reflection Journaling** What love looks like for you in winter.