

February 15th

Feel-Good Ideas



Ordinary & Happy

INSPIRING & POSITIVE IDEAS

- **Wake-Up Song:** “Fireflies” Owl City
- **Fill-in-the-Blank Positive Thought:** Love is always present in my life because...
- **Self-Confidence Song:** “All I Do Is Win” DJ Khaled

Look out of the window. Look at the beauty of the lines and structures.

BREAKFAST

Pancakes

LUNCH

Quiche with Side Salad

DINNER

Lemon Chicken Soup

WHAT TO DO TODAY

- **February Bucket List:** Try a new winter soup recipe.
- **Self-Care Idea:** Make your favorite brunch dish.
- **Decluttering Idea:** Set a 15-min timer & tidy as many surfaces as you can in the bedroom.
- **Trying Something New:** Rearrange the living room to make it cozier.
- **Doodling Idea:** Teacup on a saucer.
- **Watercoloring Idea:** Two birds perched on a branch.
- **Photo Idea:** Gumdrops.

WHAT TO JOURNAL ABOUT

- **Morning Journaling:** What a self-love Sunday could look like.
- **Evening Journaling:** Simple acts of love you’ve experienced this year.
- **Self-Care Journaling:** Decisions you’ve made so far this year for yourself, not just others.
- **Winter Reflection Journaling** Habits that have changed this winter.

QUALITY TIME WITH LOVED ONES

- **Friendship Appreciation Idea:** Send a bouquet of flowers to a friend.
- **Romantic Gesture:** Have a pancake breakfast together.
- **Classic Love Song to Dance to:** “Fly Me to the Moon” Frank Sinatra
- **Modern Love Song to Dance to:** “Lucky” Jason Mraz & Colbie Caillat