



## POSITIVE & FEEL-GOOD IDEAS

- **Wake-Up Song:** “Happy” Pharrell
- **Fill-in-the-Blank Positive Thought:** Even on a cold morning, I feel strong because...
- **Self-Confidence Song:** “Heroes (We Could Be)” Alesso ft. Tove Lo

Celebrate the things that make you unique.

### BREAKFAST

Fig & Honey Yogurt Parfait

### LUNCH

Grilled Chicken & Greek Salad

### DINNER

Lemon Shrimp Chopped Salad

## ACTIVITIES & THINGS TO DO

- **February Bucket List:** Wear something vibrant.
- **Self-Care Idea:** Reflect for 15 minutes while watching the sunset.
- **Decluttering Idea:** Put away anything that doesn't belong in the bedroom.
- **Trying Something New:** Take a different route to work or when running errands.
- **Doodling Idea:** Ring in a box.
- **Watercoloring Idea:** Floating lanterns.
- **Photo Idea:** Bouquet of flowers.

## JOURNALING SUGGESTIONS

- **Morning Journaling:** One positive shift or realization since the start of February.
- **Evening Journaling:** Opportunities you were open to this season, even if you didn't take them.
- **Self-Care Journaling:** Identify moments of warmth and connection throughout this winter.
- **Winter Reflection Journaling** How this winter has compared to past ones.

## FRIENDSHIP & ROMANTIC IDEAS

- **Friendship Appreciation Idea:** Share a list of TV show recommendations in a friend group chat to watch together.
- **Romantic Gesture:** Give them an extra-long hug after a tiring day.
- **Classic Love Song to Dance to:** “Your Song” Elton John
- **Modern Love Song to Dance to:** “A Moment Like This” Leona Lewis