



POSITIVE & FEEL-GOOD IDEAS

- **Wake-Up Song:** "Golden" Ejae, Audrey Nuna & Rei Ami
- **Fill-in-the-Blank Positive Thought:** I made a difference this winter by...
- **Self-Confidence Song:** "Stronger" Kelly Clarkson

You may not think it, but you've already done a lot this year.

BREAKFAST

Strawberry Banana
Yogurt Parfait

LUNCH

Burrata & Tomato Salad

DINNER

Chicken Marsala Pasta

ACTIVITIES & THINGS TO DO

- **February Bucket List:** Try a fun indoor workout class.
- **Self-Care Idea:** Wear a comfy outfit.
- **Decluttering Idea:** Set a 15-min timer and tidy as many surfaces as you can in the living room.
- **Trying Something New:** Have a 'what I learned today' conversation at the dinner table.
- **Doodling Idea:** Chocolate-covered strawberries
- **Watercoloring Idea:** Swan.
- **Photo Idea:** A dash of color through white or grey.

JOURNALING FOR THE DAY

- **Morning Journaling:** What physical things make you feel warm.
- **Evening Journaling:** What has motivated you on cold mornings.
- **Self-Care Journaling:** Ways you can love yourself by doing less, not more.
- **Winter Reflection Journaling** How you've navigated cold days.

QUALITY TIME WITH LOVED ONES

- **Friendship Appreciation Idea:** Share an inspiring morning message with a friend.
- **Romantic Gesture:** Send them a 'looking forward to seeing you this evening' message.
- **Classic Love Song to Dance to:** "Something" The Beatles
- **Modern Love Song to Dance to:** "Beyond" Leon Bridges