



.....♥..... Ordinary & Happy♥.....

FEEL - GOOD IDEAS

- **Wake-Up Song:** “Brighter Than the Sun” Colbie Caillat
- **Fill-in-the-Blank Positive Thought:** When I look at the sky, I feel...
- **Self-Confidence Song:** “Confident” Demi Lovato

Things are changing, so embrace the opportunities.

BREAKFAST

Breakfast Egg Muffins

LUNCH

Avocado Tomato Salad

DINNER

Beef Quesadillas with Side Salad

ACTIVITIES & THINGS TO DO

- **February Bucket List:** Visit a museum or art gallery.
- **Self-Care Idea:** Watch an inspirational talk/speech.
- **Decluttering Idea:** Tidy the nightstands.
- **Trying Something New:** Change one thing about your morning routine.
- **Doodling Idea:** Lock & key.
- **Watercoloring Idea:** Owl.
- **Photo Idea:** Coffee art.

QUALITY TIME WITH LOVED ONES

- **Friendship Appreciation Idea:** Share a funny video in a group chat.
- **Romantic Gesture:** Write a sweet note for them on your home bulletin board.
- **Classic Love Song to Dance to:** “It Had To Be You” Frank Sinatra
- **Modern Love Song to Dance to:** “The One” Kodakid

JOURNALING FOR THE DAY

- **Morning Journaling:** One positive of slowing down and being more intentional.
- **Evening Journaling:** Random acts of kindness that left an impression on you.
- **Self-Care Journaling:** Something that feels easier now compared to the start of the year.
- **Winter Reflection Journaling** Times you’ve seen positive results from showing patience.