



IDEAS FOR A POSITIVE DAY

- **Wake-Up Song:** "Touch the Sky" Julie Fowlis
- **Fill-in-the-Blank Positive Thought:** When I look into the eyes of someone I love, I feel...
- **Self-Confidence Song:** "Love Myself" Hailee Steinfeld

This is your year, and you can make it matter.

BREAKFAST

Bacon, Egg & Cheese Sandwich

LUNCH

Hummus & Feta Wrap

DINNER

Cajun Chicken & Tomato Rice

WHAT YOU COULD DO TODAY

- **February Bucket List:** Do something special for a loved one.
- **Self-Care Idea:** Make yourself a cup of your favorite tea.
- **Decluttering Idea:** Set a 15-min timer & tidy/organize storage areas (dressers, under-the-bed area, etc).
- **Trying Something New:** Go for a winter walk on a new route.
- **Doodling Idea:** Arched window.
- **Watercoloring Idea:** Something vibrant.
- **Photo Idea:** Someone you love laughing.

TIME WITH FRIENDS & YOUR SIGNIFICANT OTHER

- **Friendship Appreciation Idea:** Send a 'thinking of you' message to someone who's been quiet lately.
- **Romantic Gesture:** Tell them why they mean so much to you just before bedtime.
- **Classic Love Song to Dance to:** "This Will Be (An Everlasting Love)" Natalie Cole
- **Modern Love Song to Dance to:** "You & I" Ingrid Michaelson

JOURNALING IDEAS

- **Morning Journaling:** Identify what you notice or feel when you intentionally slow down.
- **Evening Journaling:** Ways you feel strong when you look in the mirror.
- **Self-Care Journaling:** What you're ready to leave behind in winter once spring arrives.
- **Winter Reflection Journaling** Positive changes you've noticed in yourself.