



.....♥..... Ordinary & *Happy* .....

## IDEAS FOR A POSITIVE DAY

- **Wake-Up Song:** “Run” OneRepublic
- **Fill-in-the-Blank Positive Thought:** As the nights get lighter, I’m encouraged because...
- **Self-Confidence Song:** “Level Up” Ciara

Always remember that you are enough.

### BREAKFAST

Mango Banana  
Smoothie

### LUNCH

Avocado Egg Salad  
Sandwich

### DINNER

Sausages with Mashed  
Potatoes

## ACTIVITIES & THINGS TO DO

- **February Bucket List:** Visit a tourist spot in your city.
- **Self-Care Idea:** Try a 15-min stretching routine.
- **Decluttering Idea:** Look at the wall art and decor & decide what to keep.
- **Trying Something New:** Sing a song in the shower you wouldn’t usually sing.
- **Doodling Idea:** Hot cocoa with marshmallows.
- **Watercoloring Idea:** Muddy footprints.
- **Photo Idea:** Denim.

## FRIENDSHIP & ROMANTIC IDEAS

- **Friendship Appreciation Idea:** Share an intro to an old TV show you used to watch with a friend.
- **Romantic Gesture:** Reminisce about a time you couldn’t stop laughing together.
- **Classic Love Song to Dance to:** “Have I Told You Lately” Van Morrison
- **Modern Love Song to Dance to:** “Forever Like That” Ben Rector

## JOURNALING FOR THE DAY

- **Morning Journaling:** What sounds or morning occurrences bring you calm and/or joy.
- **Evening Journaling:** Unexpected small wins from this past winter.
- **Self-Care Journaling:** What feels possible now that didn’t before.
- **Winter Reflection Journaling** What you’ve been open to this winter.