

February 20th

All-Day Planner



Ordinary & Happy

POSITIVE DAY IDEAS

- **Wake-Up Song:** “Good Morning” Mandisa & TobyMac
- **Fill-in-the-Blank Positive Thought:** I look at the trees that have stayed resilient through winter, and I remember...
- **Self-Confidence Song:** “Try Everything” Shakira

Don't wait for 'someday' to build the life you want. Start today.

BREAKFAST

Breakfast Burrito

LUNCH

Apple Spinach Salad

DINNER

Chicken Greek Salad
Flatbread Wraps

IDEAS FOR THE DAY

- **February Bucket List:** Plan a themed dinner night.
- **Self-Care Idea:** Write a list of five things you're proud to have achieved.
- **Decluttering Idea:** Have a final 15-min reset of the bedroom.
- **Trying Something New:** Go to a new meetup in your local area.
- **Doodling Idea:** Streetlamp.
- **Watercoloring Idea:** Vintage signage.
- **Photo Idea:** Early buds on trees.

FRIENDSHIP & ROMANTIC IDEAS

- **Friendship Appreciation Idea:** Create a 'memory lane' playlist and share with friends.
- **Romantic Gesture:** Share a song that reminds you of them.
- **Classic Love Song to Dance to:** “You're My Best Friend” Queen
- **Modern Love Song to Dance to:** “Come Away with Me” Norah Jones

JOURNALING FOR THE DAY

- **Morning Journaling:** Where the progress you've made so far this year is taking you.
- **Evening Journaling:** Items around your home that have comforted you this winter.
- **Self-Care Journaling:** One way you've shown yourself you're able to navigate change this year.
- **Winter Reflection Journaling** Who you've relied on in winter.