

February 21st

Daily Planner



Ordinary & Happy

FEEL-GOOD & POSITIVE IDEAS

- **Wake-Up Song:** "Good Time" Owl City & Carly Rae Jepsen
- **Fill-in-the-Blank Positive Thought:** I'm going at my own pace, and that's important because...
- **Self-Confidence Song:** "Everybody Loves Me" OneRepublic

Plan and chase your goals, but allow for change.

BREAKFAST

Spinach & Feta Omelet

LUNCH

Pesto Pasta

DINNER

Garlic Shrimp Rice Bowl

WHAT YOU COULD DO TODAY

- **February Bucket List:** Go on a road trip.
- **Self-Care Idea:** Sit in silence for 10 minutes and reflect.
- **Decluttering Idea:** Set a 30-min timer and focus on a quick closet declutter for spring.
- **Trying Something New:** Write down activities you don't think you're 'good' at and try one.
- **Doodling Idea:** Ivy on a wall.
- **Watercoloring Idea:** Stack of pancakes.
- **Photo Idea:** Interesting shadow.

FRIENDSHIP & ROMANTIC IDEAS

- **Friendship Appreciation Idea:** Recreate an old photo with a friend/group of friends.
- **Romantic Gesture:** Rewatch the first movie you both saw together.
- **Classic Love Song to Dance to:** "I Only Have Eyes for You" The Flamingos
- **Modern Love Song to Dance to:** "All My Love" Coldplay

JOURNALING FOR THE DAY

- **Morning Journaling:** What about spring you're looking forward to.
- **Evening Journaling:** What comforts you when you look up at the night sky.
- **Self-Care Journaling:** One way you feel you've grown this year so far.
- **Winter Reflection Journaling:** Beautiful memories you've made.