

February 22nd Daily Planner



Ordinary & Happy

FEEL - GOOD IDEAS

- **Wake-Up Song:** Wake-Up Song: "All Star" Smash Mouth
- **Fill-in-the-Blank Positive Thought:** When I see the first flowers in bloom, I'll feel...
- **Self-Confidence Song:** "Unstoppable" Rascal Flatts

There's so much you can achieve in this last week of February.

BREAKFAST

Toast with Scrambled Eggs

LUNCH

Mushroom Soup

DINNER

Creamy Peppercorn Chicken with Potatoes

ACTIVITIES & THINGS TO DO

- **February Bucket List:** Go for brunch at a new place.
- **Self-Care Idea:** Catch up on your favorite TV shows.
- **Decluttering Idea:** Declutter and organize your shoes for spring.
- **Trying Something New:** See your town or city from a new viewpoint.
- **Doodling Idea:** Heart-shaped cake.
- **Watercoloring Idea:** Teddy bear.
- **Photo Idea:** Frosted window.

TIME WITH FRIENDS OR YOUR SIGNIFICANT OTHER

- **Friendship Appreciation Idea:** Compliment a friend.
- **Romantic Gesture:** Go for a scenic drive together.
- **Classic Love Song to Dance to:** "When a Man Loves a Woman" Percy Sledge
- **Modern Love Song to Dance to:** "Why I Love You" Major

JOURNALING FOR THE DAY

- **Morning Journaling:** What you feel or see when you read 'flowers in bloom'.
- **Evening Journaling:** One way you embraced change last year.
- **Self-Care Journaling:** One thing you're ready to welcome into your life when spring arrives.
- **Winter Reflection Journaling** Patterns that have repeated themselves in winter.