



..... Ordinary & Happy

POSITIVITY & FEEL-GOOD IDEAS

- **Wake-Up Song:** “Champion” Fall Out Boy
- **Fill-in-the-Blank Positive Thought:** Ways love has guided me through the year so far include...
- **Self-Confidence Song:** “This Is Me” Keala Settle

Keep an open mind and an open heart.

BREAKFAST

Lemon Blueberry
Yogurt Parfait

LUNCH

Sweet Chili Chicken
Wrap

DINNER

Pasta with Mascarpone,
Tomatoes, and Pesto

IDEAS & ACTIVITIES

- **February Bucket List:** Try a new recipe.
- **Self-Care Idea:** Do a 15-min tidy of your favorite space in the house.
- **Decluttering Idea:** Go through your accessories, organizing them for spring.
- **Trying Something New:** Try a new fruit or vegetable.
- **Doodling Idea:** Café table and chair.
- **Watercoloring Idea:** Something green.
- **Photo Idea:** Bird.

QUALITY TIME WITH LOVED ONES

- **Friendship Appreciation Idea:** Send a ‘you got this’ message to a friend.
- **Romantic Gesture:** Stare up at the night sky together and make a wish.
- **Classic Love Song to Dance to:** “You Send Me” Sam Cooke
- **Modern Love Song to Dance to:** “All My Love” George Ezra

JOURNALING IDEAS

- **Morning Journaling:** One way you’ll make this spring different in a positive way.
- **Evening Journaling:** A memorable conversation that changed your outlook.
- **Self-Care Journaling:** What you want to carry forward from winter into spring.
- **Winter Reflection Journaling** What feels essential when life is a little slower.