



FEEL - GOOD IDEAS

- **Wake-Up Song:** "Sunrise" Norah Jones
- **Fill-in-the-Blank Positive Thought:** Right now, I'll make more space for...
- **Self-Confidence Song:** "I Won't Back Down" Tom Petty

Appreciate the people in your life who bring out the best in you.

BREAKFAST

Cottage Cheese Bowl
with Fruit

LUNCH

Prosciutto Sandwich

DINNER

Chicken Shawarma with
Tomato Cucumber Salad

ACTIVITIES & THINGS TO DO

- **February Bucket List:** Go for a sunset walk.
- **Self-Care Idea:** Do a face mask or try a new skincare routine.
- **Decluttering Idea:** Set a 15-min timer & focus on decluttering the area that first comes to mind.
- **Trying Something New:** Draw something with your non-dominant hand.
- **Doodling Idea:** Pocket watch.
- **Watercoloring Idea:** Something striped.
- **Photo Idea:** Something pink.

QUALITY TIME WITH LOVED ONES

- **Friendship Appreciation Idea:** Send an end-of-day gratitude message to a friend.
- **Romantic Gesture:** Share with them ways they made winter cozy for you.
- **Classic Love Song to Dance to:** "Kiss Me" Sixpence None The Richer
- **Modern Love Song to Dance to:** "Turning Page" Sleeping At Last

JOURNALING FOR THE DAY

- **Morning Journaling:** Positive changes you've noticed/are noticing in yourself.
- **Evening Journaling:** People you've never met who have inspired you.
- **Self-Care Journaling:** Simple ways to bring more nature into your home.
- **Winter Reflection Journaling** How you've made the most of your home.