



Ordinary & Happy

FEEL-GOOD IDEAS

- **Wake-Up Song:** "Walking on a Dream" Empire of the Sun
- **Fill-in-the-Blank Positive Thought:** I'm so grateful that my life is...
- **Self-Confidence Song:** "You're the Best" Joe "Bean" Esposito

Stay true to yourself in your decisions.

BREAKFAST

Ham & Cheese Omelet

LUNCH

Grilled Lemon Chicken
Salad

DINNER

Crispy Chicken Tacos
with Corn Salad

ACTIVITIES & THINGS TO DO

- **February Bucket List:** Host a game night with friends.
- **Self-Care Idea:** Make a mini goals list for next month.
- **Decluttering Idea:** Catch up on any previous tasks for 15 minutes.
- **Trying Something New:** Try a new craft tutorial.
- **Doodling Idea:** Pizza slice.
- **Watercoloring Idea:** Fizzy drink.
- **Photo Idea:** Signage with a letter missing or unlit.

QUALITY TIME WITH LOVED ONES

- **Friendship Appreciation Idea:** Thank a friend for being there for you.
- **Romantic Gesture:** Reminisce about your favorite road trip.
- **Classic Love Song to Dance to:** "Moon River" Andy Williams
- **Modern Love Song to Dance to:** "Make You Feel My Love" Adele

IDEAS FOR JOURNALING

- **Morning Journaling:** One simple way you can feed the curious side of you.
- **Evening Journaling:** What surprised you about the month in a good way.
- **Self-Care Journaling:** Ways you prioritized your self-care a little more this month.
- **Winter Reflection Journaling** Moments winter has brought loved ones together.