



FEEL - GOOD IDEAS

- **Wake-Up Song:** "Can't Stop the Feeling!" Justin Timberlake
- **Fill-in-the-Blank Positive Thought:** I'm looking forward to March because...
- **Self-Confidence Song:** "Eye of the Tiger" Survivor

Open your heart to the wonders of March and spring.

BREAKFAST

Smoked Salmon
Breakfast Sandwich

LUNCH

Tomato Feta Salad

DINNER

Breaded Pork Loin & Ham
Rolls with Crispy Potatoes

ACTIVITIES & THINGS TO DO

- **February Bucket List:** Make plans for next month.
- **Self-Care Idea:** Write a spring bucket list.
- **Decluttering Idea:** Do a final 15-min walk-through of the house and tidy what you want.
- **Trying Something New:** Plan a spring or summer weekend road trip to a new place.
- **Doodling Idea:** Violets (flowers).
- **Watercoloring Idea:** Rainbow through the rain.
- **Photo Idea:** Something that reminds you of spring.

QUALITY TIME WITH LOVED ONES

- **Friendship Appreciation Idea:** Visit a place you love with friends.
- **Romantic Gesture:** Tell them why they made February special for you.
- **Classic Love Song to Dance to:** "How Deep Is Your Love" Bee Gees
- **Modern Love Song to Dance to:** "Baby I'm Yours" Arctic Monkeys

JOURNALING FOR THE DAY

- **Morning Journaling:** What January and February goals, routines, or progress you'll continue into March.
- **Evening Journaling:** Positive ways winter has shaped you.
- **Self-Care Journaling:** What about spring can bring out the best version of you.
- **Winter Reflection Journaling** What you're proud of from this past winter.