

Valentine's Day Ideas

If You're By Yourself

..... Ordinary & *Happy*

1 Have an at-home spa day, including a bubble bath with your favorite scents.	2 Cook your favorite meal at home or get takeout from your favorite restaurant.	3 Watch a rom-com you love or a movie that always makes you feel happy.	4 Write a list of things you love about yourself.
5 Write a love letter to your future self.	6 Write a fun bucket list for the year.	7 Read your favorite book.	8 Do some gentle stretching or pilates at home.
9 Journal about your year so far.	10 Take time for a creative activity you love (watercoloring, scrapbooking, photography).	11 Take a selfie in your favorite place in your city or at home.	12 Enjoy a nice evening in your pajamas at home.
13 Put on your favorite playlist.	14 Treat yourself to a small or big gift you've been wanting to get for a while.	15 Watch the sunset and reflect on happy memories.	16 Try something new today.