

February 2019

28 days to more *love* in your life

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Organize Bathroom drawer	2 Self Care Saturday Paint toes red with white polka dots
3 Netflix Night "French Kiss"	4 BUJO "What makes me happy"	5 No Tech Tuesday Read a steamy novel	6 Kindness Day Pay for car behind you at Starbucks	7 Health // Food Walk // Chicken, broccoli, sweet potato	8 Organize Hall Closet	9 Self Care Saturday Steam face and apply face mask
10 Netflix Night "The Wedding Date"	11 BUJO "Things I am grateful for"	12 No Tech Tuesday Outline personal goals for the next month	13 Kindness Day Leave a large tip for a server	14 Health // Food Yoga // Buddha bowl	15 Organize Workout Clothes	16 Self Care Saturday Whiten teeth and deep condition hair
17 Netflix Night "The Lucky One"	18 BUJO "Music that makes me smile"	19 No Tech Tuesday Create a piece of Art - draw, paint, sew, etc.	20 Kindness Day Call your parent or special loved one	21 Health // Food Weight lifting // Flank steak, asparagus, rice	22 Organize One drawer or cupboard in kitchen	23 Self Care Saturday Soak in a bath with a yummy bath bomb
24 Netflix Night "Pretty Woman"	25 BUJO "Quotes that make me feel strong, and loved"	26 No Tech Tuesday Take an online education class	27 Kindness Day Write a thank you note for a gift you received	28 Health // Food Spinning // Turkey burger, salad, steamed carrots		

