

# FEEL GOOD FEBRUARY

THEME: LOVE IS LOVE IS LOVE

## SENSUAL SUNDAY



2 Write a love letter /note to yourself and keep it

9 REST

16 Stay in rest

23 Sleep early, and reset for the week. #8hour sleep challenge

## MINDFUL MONDAY



3 How are you practicing self-acceptance during this love month?

10 Get into mindful yoga, take slow breaths, and blossom in the fact that you are loved

17 What do you admire most about you?

24 Start the week with good energy. meditate

## TOUCH DOWN TUESDAY



4 What is your love language?

11 Reflect on how you are able to navigate the complexities of dating and commitment

18 How are you communicating your needs and desires honestly?

25 Reflect on how you want to be remembered and for what

## WHINEDOWN WEDNESDAY



5 Put on something that makes you feel beautiful and smart

12 AFRICAN PODCAST DAY

19 Reflect on how understanding love has evolved as you have embraced your identity

26 What is the one thing you are proud of so far?

## THANKFUL THURSDAY



6 What does the queer history month mean to you?

13 What does it mean to love and be loved by this community?

20 How have you used the acts of kindness to build a strong womxn community?

27 Write 3 things you are grateful for today

## FEEL GOOD FRIDAY



7 How have you practiced compassion in your relationships

14 HAPPY Valentine's DAY

21 Whine down the day with a spa day at home

28 Review your journal entries

## SERENE SATURDAY



1 what do you love about today? HAPPY NEW MONTH

8 Declutter your space, tidy up for February

15 Prepare an intimate outdoor activity

22 Familiarize yourself with queer history, #knowyourroots

