



FEEL GOOD FEBRUARY

1. Actively seek out a reason to laugh out loud
2. List all you've achieved in the past 5 years
3. Practice a loving kindness meditation
4. Meet a friend (or friends) for a meal
5. Sign up to Supernova App (go-supernova.com)
6. Conduct 5 acts of conscious kindness
7. Book a medical appointment or check up
8. Ask your inner child what it wants, and feed it!
9. Complete a task you've been putting off
10. Add a natural experience to your weekend plans
11. Thank someone who's been helpful/supportive
12. Plan and carry out an intensive self-care ritual
13. Say "yes" to something new or adventurous
14. Limit your news intake to 5 minutes today
15. Sit in stillness and stay longer than you 'should'
16. Go to bed early and read/journal 'til you're sleepy
17. Choose a colour & seek it out in your environment
18. Admit any hard truths to yourself & seek solutions
19. Add 3 uplifting accounts to your social media feeds
20. Count all the kindnesses you give/receive/witness
21. Send a 'just saying hi' note to a loved one or friend
22. Gift yourself 15+ minutes of uplifting/healing music
23. Set (and express) a healthy personal rule/boundary
24. Wear an outfit that makes you feel fun or elegant
25. Delete painful names from your contact list
26. Replace 1 'should' task in your diary with a 'joy' task
27. Take action (big or small) toward a dream/goal
28. Compliment 3 people + compliment yourself 3 times

For details on each daily practice, visit kimforrester.net/feelgood

