

FEBRUARY

THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR EVEN TOUCHED - THEY MUST BE FELT WITH THE HEART.

SUN	MON	TUE	WED	THU	FRI	SAT
				Meditate before your sleep		
Drink more water		Listen to a new podcast			Declutter for one hour	
	Express gratitude			Go to bed early		Do a random act of kindness
Take yourself out on a date		Do a digital detox			Try a new healthy dish	

