

@THECAFFEINATEDBOOKSISTERS  
**ROMANTICIZE FEBRUARY**  
 small low to no cost ways to romanticize each day!

MON	TUE	WED	THU	FRI	SAT	SUN
						1 Start a "good things list". Jot down things that make you happy!  ○
2 Light your favorite candle and curl up with a book!  ○	3 Use your favorite mug for coffee or meet up with a friend for a coffee date!  ○	4 Put on your favorite pajamas, get into bed early and read!  ○	5 Write down one thing you're looking forward to, big or small!  ○	6 Do a quick tidy of your living area so you can relax all weekend!  ○	7 Put fresh clean sheets on your bed!  ○	8 Write down your plan for the week and 3 things you're grateful for!  ○
9 Get yourself some fresh flowers!  ○	10 Watch the sunrise or sunset!  ○	11 Make an ordinary task feel special with music or an audio book!  ○	12 DIY or store bought face mask before bed!  ○	13 Catch up with friends either in person or on a call!  ○	14 Cook a comforting meal and eat it on your fact dishes!  ○	15 Turn on your favorite songs from the past while you get ready!  ○
16 Get outside for a walk. Bundle up if it's cold!  ○	17 Extra long bedtime routine! Take your time on hair and skincare!  ○	18 Light candles or a fire and curl up with a book this evening!  ○	19 No phones for the first hr. after waking. Read or listen to music with coffee/tea!  ○	20 Bake your favorite treat!  ○	21 Take an extra long bath or shower. Bonus points for candles or bubbles!  ○	22 Get up early and enjoy tea or coffee in the quiet.  ○
23 Fancy up your water with lemon slices, berries or mint!  ○	24 Move your body. Walk, workout class, stretching, whatever feels best!  ○	25 Make yourself a warm cup of tea after dinner.  ○	26 Go outside for 10 min at lunch time to clear your head & enjoy the calm.  ○	27 Say no to plans. Catch up on your journal, book or favorite show!  ○	28 Blast music & put on comfy socks. Take your time with your cleaning routine!  ○	