

# be your own valentine

jenny bair, MHE

1

## my space

Celebrate February by spicing up your bed and bath spaces with accents of red, whites and metallic. Even throw in colored light bulbs found at your local hardware store or Target to create a different mood in your room: Blue, green and purple enhance a sense of calmness; orange and yellow heighten excitement; red and pink encourage.

2

## blooms of beauty

Buy your favorite blooms to put in your heirloom or most beautiful vase. Enjoy the scent and the beauty—make it a weekly ritual.

3

## hot stuff

Spring for some extra TLC for the official day of love. You will not be disappointed with giving yourself the gift of a hot stone massage.

4

## ode to me

Write a love letter to yourself accenting all of your strengths, your accomplishments, your favorite memories and all of the things you are passionate about and love to do.

5

## eat dessert first

Go out for Girls Night Out and treat yourself to a dessert only dinner.

6

## theme song

Create a CD of music that inspires and empowers you. Play this CD all month when you are driving, exercising or working.

7

## indulge yourself

Splurge on something you usually would find too indulgent to purchase—an expensive bottle of champagne, your favorite fragrance, a new handbag.

8

## celebrate the ordinary

Create a list of 28 ordinary things you love and treat yourself to one every day of the month—a cappuccino, a bubble bath, a grilled cheese sandwich ...

9

## snapshot

Put some of your favorite candid photos around your house with positive quotes. Go over the top and get sparkly, embellished, tasseled and bedazzled frames in red, hot pink and silver.

10

## sleep in

Have a sleep-in. Stay in your pajamas all day reading your favorite magazines and watching your favorite flicks.