

Falling in Love with the Everyday

A Valentine Mini Writing Calendar

Day 1 Something Ordinary <i>Fall in love with something ordinary today: the sky, a pencil, a crack in the sidewalk. Write a few lines about what you noticed.</i>	Day 2 A Sound <i>Fall in love with a sound: birdsong, traffic, a voice, silence. What did your ears teach your heart?</i>	Day 3 light <i>Notice light today, where it lands, how it moves. Write about one moment of light that stayed with you.</i>	Day 4 A living Thing <i>Fall in love with something living: a tree, a dog, a spider, a person passing by. Describe it with care.</i>
Day 5 A Word <i>Fall in love with a word today, one that feels good to say in your mouth. Write it down. Say it aloud. Let it lead.</i>	Day 6 A Small Ritual <i>Notice a small ritual that brings you comfort or joy: morning coffee, walking the dog, lighting a candle. Write a few lines about why it matters.</i>	Day 7 Surprise <i>Fall in love with something you didn't expect. What surprised your heart today?</i>	Each time we fall in love, something that was closed inside us opens, and creativity begins to flow.

How to use this calendar:

Fall in love through small moments of noticing. Write just a few lines; five minutes is enough.

There are seven invitations here, meant to be returned to slowly.

As Valentine's Day approaches, choose one that stays with you and write a short poem from it – a small offering of love.