December 11th Daily Planner

Ordinary & Happy

FEEL-GOOD IDEAS

- **Wake-Up Song:** “The Big Race” from Cars
- **Fill-in-the-Blank Positive Thought:** Thought: I can be kind to myself today by...
- **Holiday-Themed Song:** “Winter Wonderland” Darlene Love

MEAL IDEAS

- **Breakfast:** Apple with Cheddar cheese
- **Lunch:** Feta and roasted pepper sandwich
- **Dinner:** Creamy lemon chicken pasta

HOLIDAY-THEMED IDEAS

- **Holiday Prep Idea:** Mail gifts to family and friends you can’t see in-person.
- **Holiday Movie Idea:** The Muppet Christmas Carol (1992).
- **December Bucket List Idea:** Have a video call with long-distance friends and family.

JOURNALING IDEAS

- **Morning Journaling Prompt:** One thing you can do today to make next week easier.
- **Evening Journaling Prompt:** One positive interaction you had with someone today.
- **Gratitude for 2025 Journaling:** A trip or holiday you went on.
- **Self-Care Journaling:** Holiday prep you’re overthinking that isn’t that important if you don’t get done.

THINGS TO DO & ACTIVITIES

- **Self-Care Idea:** Read a book you love for thirty minutes.
- **Decluttering Idea:** Tidy the TV and media cabinet, organizing cables and other items you might have (DVDs, magazines).
- **Trying Something New:** Try a new restaurant for dinner.
- **Doodling Idea:** Garland.
- **Watercoloring Idea:** What you see outside of your window.
- **Photo Idea:** Wrapping gifts.

ACT OF KINDNESS

Write a thank-you email to someone who had a positive impact on your life.

CONVERSATION IDEA

The year’s biggest surprise.