

December 12th Daily Planner

..... Ordinary & Happy

FEEL - GOOD IDEAS

- **Wake-Up Song:** "I'll Make a Man Out of You" from Mulan
- **Fill-in-the-Blank Positive Thought:** My heart fills with love when I think about...
- **Holiday-Themed Song:** "Winter Song" Sara Bareilles & Ingrid Michaelson

MEALS

- **Breakfast:** Bagels with smoked salmon and scrambled eggs
- **Lunch:** Tomato feta salad
- **Dinner:** Flatbread pizza with your favorite toppings

HOLIDAY PREP

- **Holiday Prep Idea:** Have a holiday movie night at home.
- **Holiday Movie Idea:** National Lampoon's Christmas Vacation (1989).
- **December Bucket List Idea:** Watch your favorite holiday movies.

THINGS TO DO & ACTIVITIES

- **Self-Care Idea:** Watch a comedy special.
- **Decluttering Idea:** Go through your books and see what you want to give away.
- **Trying Something New:** Watch a new movie or TV show.
- **Doodling Idea:** Fir cone.
- **Watercoloring Idea:** Mittens.
- **Photo Idea:** Holiday movie night-in.

JOURNALING FOR THE DAY

- **Morning Journaling Prompt:** Where you could go to see holiday lights and get inspired.
- **Evening Journaling Prompt:** The most beautiful light displays you've seen so far.
- **Gratitude for 2025 Journaling:** A time you laughed this year.
- **Self-Care Journaling:** Simple things you need to be your best self.

ACT OF KINDNESS

Get coffee for a friend, co-worker, or someone in line behind you.

CONVERSATION IDEA

Your dream December destination.