

December 13th Ideas & Planner

..... Ordinary & Happy

POSITIVE MORNING SUGGESTIONS

- **Wake-Up Song:** “We Know the Way” from Moana
- **Fill-in-the-Blank Positive Thought:** Something I want to do before the end of the year is...
- **Holiday-Themed Song:** “Frosty the Snowman” Gene Autry

HOLIDAY PREP

- **Holiday Prep Idea:** Have another shopping day.
- **Holiday Movie Idea:** The Polar Express (2004).
- **December Bucket List Idea:** Visit a Christmas market.

FOOD & MEALS

- **Breakfast:** Avocado toast
- **Lunch:** Broccoli cheddar soup
- **Dinner:** Pork chops with rice, asparagus, and side salad

JOURNALING IDEAS

- **Morning Journaling Prompt:** An act of kindness you’ve read about that inspired you.
- **Evening Journaling Prompt:** One thing that has gone to plan this month.
- **Gratitude for 2025 Journaling:** Everyday routines you stayed consistent with.
- **Self-Care Journaling:** Ways to bring more light into your home.

THINGS YOU COULD DO TODAY

- **Self-Care Idea:** Go to a winter fair or Christmas market.
- **Decluttering Idea:** Go through your closet and see if there are any coats, winter shoes, and other items to donate.
- **Trying Something New:** Have a potluck with friends where you try new recipes.
- **Doodling Idea:** Wool socks.
- **Watercoloring Idea:** Tree with no leaves.
- **Photo Idea:** Holiday shopping.

ACT OF KINDNESS

Help a family member decorate their house for the holidays.

CONVERSATION IDEA

What you’d get if you had to give everyone the exact same gift.