

# December 14th Full-Day Plan

..... Ordinary & Happy .....

## POSITIVE & UPLIFTING IDEAS

- **Wake-Up Song:** “You Can Fly! You Can Fly! You Can Fly!” from Peter Pan
- **Fill-in-the-Blank Positive Thought:** I feel snug and warm when...
- **Holiday-Themed Song:** “Wonderful Christmastime” Paul McCartney

## ACTIVITIES & IDEAS

- **Self-Care Idea:** Try a new brunch dish (at home or at a restaurant).
- **Decluttering Idea:** Declutter the bathroom that guests will be using.
- **Trying Something New:** Try a new hiking trail or go on a scenic walk somewhere new.
- **Doodling Idea:** Yule log.
- **Watercoloring Idea:** Your favorite Christmas tree ornament.
- **Photo Idea:** Seasonal portraits of loved ones.

## FOOD & MEALS

- **Breakfast:** Poached eggs with garlic yogurt and chili butter
- **Lunch:** Smoked salmon bagels
- **Dinner:** Pot roast and potatoes

## HOLIDAY IDEAS

- **Holiday Prep Idea:** Continue decorating the house.
- **Holiday Movie Idea:** Dr. Seuss’ The Grinch (2018).
- **December Bucket List Idea:** Go ice skating.

## JOURNALING IDEAS

- **Morning Journaling Prompt:** A simple self-care activity to give you a break from the planning.
- **Evening Journaling Prompt:** What you’ve found challenging but still managed to make progress on.
- **Gratitude for 2025 Journaling:** A vivid memory from spring.
- **Self-Care Journaling:** Ways to bring more warm colors into your home.

## CONVERSATION IDEA

Something you accomplished this year, big or small.

## ACT OF KINDNESS

Be kind to yourself and do at least one self-care activity today.