

December 17th Day-Long Planner

.....♥..... Ordinary & Happy♥.....

POSITIVE MORNING IDEAS

- **Wake-Up Song:** “The World Es Mi Familia” from Coco
- **Fill-in-the-Blank Positive Thought:** I can bring more light into my home by...
- **Holiday-Themed Song:** “Believe” Josh Groban (from the Polar Express)

FOOD & MEALS

- **Breakfast:** Mango banana smoothie
- **Lunch:** Egg salad sandwich
- **Dinner:** Stuffed peppers with a side salad

IDEAS FOR THE HOLIDAYS

- **Holiday Prep Idea:** Visit a Christmas market.
- **Holiday Movie Idea:** The Christmas Chronicles 2 (2020).
- **December Bucket List Idea:** Drive or walk around the neighborhood to see the lights.

JOURNALING IDEAS

- **Morning Journaling Prompt:** Ways you can share joy online.
- **Evening Journaling Prompt:** What you’re hopeful about going into the new year.
- **Gratitude for 2025 Journaling:** What the year has taught you about yourself.
- **Self-Care Journaling:** Things you can wake up to in the morning that can inspire you in the dark and cold.

THINGS YOU COULD DO TODAY

- **Self-Care Idea:** Catch up on your favorite TV show.
- **Decluttering Idea:** Declutter the guest bedroom if hosting guests over the holidays.
- **Trying Something New:** Try a festive food you haven’t tried before.
- **Doodling Idea:** Cup of hot cocoa.
- **Watercoloring Idea:** Orange.
- **Photo Idea:** Stockings on the mantle.

ACT OF KINDNESS

Let someone go ahead of you in the line.

CONVERSATION TOPIC

A funny moment you still laugh about from the year.