

December 18th Daily Planner

..... Ordinary & Happy

FEEL - GOOD MORNING

- **Wake-Up Song:** “When We’re Human” from The Princess and the Frog
- **Fill-in-the-Blank Positive Thought:** An indoor activity I want to do more of is...
- **Holiday-Themed Song:** “Blue Christmas” Elvis Presley

HOLIDAY PREP

- **Holiday Prep Idea:** Bake holiday cookies.
- **Holiday Movie Idea:** Meet Me in St. Louis (1944).
- **December Bucket List Idea:** Decorate your home for winter and the holidays.

MEAL IDEAS

- **Breakfast:** Overnight tropical chia pudding
- **Lunch:** Burrito bowl
- **Dinner:** Chicken Alfredo pasta

THINGS TO DO & ACTIVITIES

- **Self-Care Idea:** Meet up with a friend or call them to catch up.
- **Decluttering Idea:** Do a quick declutter and tidy of the remaining bedrooms.
- **Trying Something New:** Get a candle with a new seasonal scent (e.g., fir & vanilla).
- **Doodling Idea:** Gingerbread man.
- **Watercoloring Idea:** Footprints in the snow.
- **Photo Idea:** Christmas wreath on the door.

FULL DAY OF JOURNALING

- **Morning Journaling Prompt:** How you could inspire a loved one today.
- **Evening Journaling Prompt:** A moment you stopped, paused, and took in the holiday sights and sounds.
- **Gratitude for 2025 Journaling:** A book, podcast, or article that inspired you.
- **Self-Care Journaling:** One thing you can do for yourself over the holidays.

CONVERSATION IDEA

How you'd convince everyone you were the 'real you', not your clone.

ACT OF KINDNESS

Take a friend out for coffee to catch up.