

# December 19th Full-Day Plan

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

## START YOUR DAY IN A POSITIVE WAY

- **Wake-Up Song:** “Two Worlds” from Tarzan
- **Fill-in-the-Blank Positive Thought:** A great decision I made this year was...
- **Holiday-Themed Song:** “Step Into Christmas” Elton John

## HOLIDAY SUGGESTIONS

- **Holiday Prep Idea:** Finish wrapping all the gifts.
- **Holiday Movie Idea:** It’s A Wonderful Life (1946).
- **December Bucket List Idea:** Have a holiday-themed pajama movie night at home.

## FOOD & MEALS

- **Breakfast:** Breakfast sandwich
- **Lunch:** Cobb salad
- **Dinner:** Loaded nachos

## A DAY OF JOURNALING

- **Morning Journaling Prompt:** Your happiest memory from the past year.
- **Evening Journaling Prompt:** Who you’re particularly happy to see over the holidays and why.
- **Gratitude for 2025 Journaling:** Something you discovered this year.
- **Self-Care Journaling:** One thing you can do tonight to give you a break from all the planning.

## THINGS TO DO & ACTIVITIES

- **Self-Care Idea:** Watch another holiday movie.
- **Decluttering Idea:** Go through the cleaning supplies, tossing empty bottles and consolidating duplicates.
- **Trying Something New:** Try a new winter salad recipe.
- **Doodling Idea:** Christmas ornaments.
- **Watercoloring Idea:** Decorative pillow or cushion pattern.
- **Photo Idea:** Cozy window photo.

## ACT OF KINDNESS

Bring snacks to work or any gathering you have today.

## CONVERSATION IDEA

Something that’s beautiful but not visible, and why.