

# December 20th Planner & Ideas

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

## FEEL-GOOD IDEAS

- **Wake-Up Song:** “I See the Light” from Tangled
- **Fill-in-the-Blank Positive Thought:** My favorite place to watch a winter sunset is...
- **Holiday-Themed Song:** “Take Me Home for Christmas” Dan + Shay

## FOOD & MEALS

- **Breakfast:** Fruit platter
- **Lunch:** Quiche
- **Dinner:** Creamy lemon shrimp pasta

## HOLIDAY IDEAS

- **Holiday Prep Idea:** Deep clean the house if hosting.
- **Holiday Movie Idea:** The Shop Around the Corner (1940).
- **December Bucket List Idea:** Have a board game night with friends/family.

## THINGS TO DO & ACTIVITIES

- **Self-Care Idea:** Have a mini spa day at home.
- **Decluttering Idea:** Declutter and tidy the laundry room/laundry area.
- **Trying Something New:** Drive or walk in a new-to-you neighborhood to look at the lights & holiday decorations.
- **Doodling Idea:** Snow-covered house.
- **Watercoloring Idea:** Coffee shop, café, or restaurant chalkboard or signage.
- **Photo Idea:** Your favorite moment of the day.

## JOURNALING IDEAS

- **Morning Journaling Prompt:** One way your life has improved this year.
- **Evening Journaling Prompt:** What is most important to you about next week.
- **Gratitude for 2025 Journaling:** Someone you had a great time with this year.
- **Self-Care Journaling:** Ways to be more present over the holidays.

## ACT OF KINDNESS

Treat yourself to a small gift today.

## CONVERSATION IDEA

A song that's in your head right now.