

December 22nd Daily Planner

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

FEEL-GOOD IDEAS

- **Wake-Up Song:** “Real Gone” from Cars
- **Fill-in-the-Blank Positive Thought:** This year, I’ve made progress on...
- **Holiday-Themed Song:** “Sleigh Ride” The Ronettes

HOLIDAY IDEAS

- **Holiday Prep Idea:** Do a final grocery run for any fresh produce/missing items.
- **Holiday Movie Idea:** Last Holiday (2006).
- **December Bucket List Idea:** Make a gingerbread house.

MEAL IDEAS

- **Breakfast:** Overnight mixed berry chia pudding
- **Lunch:** Tuna melt
- **Dinner:** Warm roasted vegetable salad with chicken

THINGS TO DO & ACTIVITIES

- **Self-Care Idea:** Start the morning with a stretching routine.
- **Decluttering Idea:** Declutter mail and other paper piles.
- **Trying Something New:** Try a 7-day challenge you haven’t done before.
- **Doodling Idea:** Star.
- **Watercoloring Idea:** Indoor plant.
- **Photo Idea:** Gingerbread house.

JOURNALING IDEAS

- **Morning Journaling Prompt:** A winter self-care routine you can implement for the rest of winter.
- **Evening Journaling Prompt:** One memory of a past holiday get-together and why you remember it well.
- **Gratitude for 2025 Journaling:** People you don’t see often you met up with.
- **Self-Care Journaling:** Three things you love about the person you’ve been this year.

ACT OF KINDNESS

Give a sincere compliment to someone you’re close to.

CONVERSATION IDEA

The most spontaneous thing you’ve done this year.