

December 23rd Daily Planner

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

POSITIVITY IDEAS

- **Wake-Up Song:** “Oh My Love” from Alvin and The Chipmunks.
- **Fill-in-the-Blank Positive Thought:** A community that makes me feel loved and valued is...
- **Holiday-Themed Song:** “Have Yourself a Merry Little Christmas” Sam Smith.

FOOD & MEALS

- **Breakfast:** Toasted bagels with cream cheese.
- **Lunch:** Apple cheddar arugula salad with sourdough.
- **Dinner:** Roasted turkey with mashed potatoes.

HOLIDAY IDEAS

- **Holiday Prep Idea:** Pre-cook what you can (and refrigerate/freeze as appropriate).
- **Holiday Movie Idea:** While You Were Sleeping (1995).
- **December Bucket List Idea:** Watch the sunset with a cup of hot cocoa or another hot drink.

JOURNALING IDEAS

- **Morning Journaling Prompt:** Why celebrating the holidays with family is important to you.
- **Evening Journaling Prompt:** Meaningful and enjoyable topics to talk about with family.
- **Gratitude for 2025 Journaling:** A road trip you went on.
- **Self-Care Journaling:** Ways you can be your authentic self over the holidays.

ACTIVITIES YOU COULD DO

- **Self-Care Idea:** Dance in the living room to your favorite songs.
- **Decluttering Idea:** Make room in the hall closet/guest closet for guests' clothes.
- **Trying Something New:** Try a new holiday cookie.
- **Doodling Idea:** Christmas wreath.
- **Watercoloring Idea:** Gift-wrapping station.
- **Photo Idea:** Present under the tree.

CONVERSATION TOPIC

Describe your idea of a ‘Winter Wonderland’.

ACT OF KINDNESS

Help someone out with a project they have.