# December 25th Daily Planner

Ordinary & Happy

## POSITIVE MORNING IDEAS

- **Wake-Up Song:** “A Star Is Born” from Hercules.
- **Fill-in-the-Blank Positive Thought:** The people I’m with today are...
- **Holiday-Themed Song:** “Rockin’ Around the Christmas Tree” Brenda Lee.

## FOR THE HOLIDAYS

- **Holiday Prep Idea:** Celebrate Christmas Day. Take a family/friend photo and send messages to loved ones who couldn’t be there.
- **Holiday Movie Idea:** Arthur Christmas (2011).
- **December Bucket List Idea:** Take photos with family and friends for the holidays.

## MEAL IDEAS

- **Breakfast:** Yogurt parfait.
- **Lunch:** Frittata.
- **Dinner:** Glazed ham with your favorite Christmas or holiday sides.

## THINGS TO DO & ACTIVITIES

- **Self-Care Idea:** Put on your favorite Christmas playlist.
- **Decluttering Idea:** Do a quick 15-minute tidy before guests arrive.
- **Trying Something New:** Listen to a new Christmas or holiday song.
- **Doodling Idea:** Christmas tree.
- **Watercoloring Idea:** An opened gift.
- **Photo Idea:** Holiday dinner table setup.

## FULL DAY OF JOURNALING

- **Morning Journaling Prompt:** What you love about the people you’re with today.
- **Evening Journaling Prompt:** Ordinary, simple things you remember from today.
- **Gratitiude for 2025 Journaling:** What you love about the people you’re with today.
- **Self-Care Journaling:** Specific ways you made today special for your family/someone.

## CONVERSATION TOPIC

Something that brought you joy this year.

## ACT OF KINDNESS

Take a family/friend photo and frame it later as gifts to people in the photo.