

December 26th Ideas & Planner

..... Ordinary & Happy

FEEL-GOOD IDEAS

- **Wake-Up Song:** “Kingdom Dance” from Tangled
- **Fill-in-the-Blank Positive Thought:** Something I’ve loved about December is...
- **Holiday-Themed Song:** “The Holiday Season (Happy Holiday)” Andy Williams

IDEAS FOR THE HOLIDAYS

- **Holiday Prep Idea:** Take a self-care day to recharge.
- **Holiday Movie Idea:** Bridget Jones’s Diary (2001).
- **December Bucket List Idea:** Have a winter-themed potluck or brunch with friends/family.

FOOD & MEALS

- **Breakfast:** Spinach frittata with sun-dried tomatoes.
- **Lunch:** Chicken Caesar salad wrap.
- **Dinner:** Sliders with fries or sweet potato fries.

ACTIVITIES & IDEAS FOR THE DAY

- **Self-Care Idea:** Look through happy photos on your phone.
- **Decluttering Idea:** Toss/recycle gift packaging and wrapping paper left after opening gifts.
- **Trying Something New:** Try a new special brunch recipe.
- **Doodling Idea:** Bells.
- **Watercoloring Idea:** Doormat with shoes.
- **Photo Idea:** Scenic walk photo.

JOURNALING FOR THE DAY

- **Morning Journaling Prompt:** One thing you’d like to do before the year ends.
- **Evening Journaling Prompt:** Experiences from the past year you’re grateful for.
- **Gratitude for 2025 Journaling:** One vivid memory from the year.
- **Self-Care Journaling:** What you enjoyed about yesterday, no matter how simple.

ACT OF KINDNESS

Cook brunch or treat someone to brunch today.

CONVERSATION TOPIC

If you could pause time once in life, when and for how long.