

December 29th Daily Planner

..... Ordinary & Happy

POSITIVE MORNING SUGGESTIONS

- **Wake-Up Song:** “He Mele No Lilo” from Lilo & Stitch.
- **Fill-in-the-Blank Positive Thought:** I’m hopeful for next year because...
- **Holiday-Themed Song:** “Skating” Vince Guaraldi Trio (A Charlie Brown Christmas).

HOLIDAY-THEMED IDEAS

- **Holiday Prep Idea:** Prep what you can for NYE ahead of time.
- **Holiday Movie Idea:** Frozen (2013).
- **December Bucket List Idea:** Have a spa night at home.

FOOD & MEALS

- **Breakfast:** Cereal and milk.
- **Lunch:** Mushroom soup.
- **Dinner:** Roasted broccoli pesto pasta.

THINGS TO DO TODAY

- **Self-Care Idea:** Doodle for a few minutes or do something creative.
- **Decluttering Idea:** Sort through all the gifts you received and find a place for each one.
- **Trying Something New:** Visit a tourist attraction in your town that you haven’t been to before.
- **Doodling Idea:** Mistletoe.
- **Watercoloring Idea:** Winter sunset.
- **Photo Idea:** A scenic view.

FULL DAY OF JOURNALING

- **Morning Journaling Prompt:** One goal you can revisit and become more realistic with.
- **Evening Journaling Prompt:** One thing you want to continue making progress on next year.
- **Gratitude for 2025 Journaling:** What about the year gives you hope going into next year.
- **Self-Care Journaling:** Ways you’ve shown yourself kindness this year.

ACT OF KINDNESS

Help a family member or someone close to you with chores.

CONVERSATION IDEA

Holiday traditions you’d love to bring back.