

# December 2nd Ideas & Planner

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

## GREAT FEEL-GOOD IDEAS

- **Wake-Up Song:** “Happy Working Song” from Enchanted.
- **Fill-in-the-Blank Positive Thought:** Something I want to achieve this December is...
- **Holiday-Themed Song:** “Let It Snow! Let It Snow! Let It Snow!” Dean Martin.

## MEAL IDEAS

- **Breakfast:** Berry oatmeal
- **Lunch:** Roasted tomato soup with croutons
- **Dinner:** Tacos

## HOLIDAY-THEMED IDEAS

- **Holiday Prep Idea:** Create a gift list, including the names and budget.
- **Holiday Movie Idea:** Home Alone 2: Lost in New York (1992).
- **December Bucket List Idea:** Make a wreath for the front door.

## ACTIVITIES FOR THE DAY

- **Self-Care Idea:** Put on your favorite winter playlist.
- **Decluttering Idea:** Toss any expired food from the fridge.
- **Trying Something New:** Listen to a new song release.
- **Doodling Idea:** Festive bow.
- **Watercoloring Idea:** Folded cozy blanket.
- **Photo Idea:** Golden hour light photo.

## WHAT TO JOURNAL ABOUT

- **Morning Journaling Prompt:** Simple morning routines you can implement for the winter.
- **Evening Journaling Prompt:** One thing you’re looking forward to continuing into next year.
- **Gratitude for 2025 Journaling:** Someone you reconnected with.
- **Self-Care Journaling:** Things that make you feel grounded during the busy holiday season.

## CONVERSATION IDEA

One way you’re different from your younger self and one way you’re the same.

## ACT OF KINDNESS

Donate 5 items you don’t need.