

December 30th Full-Day Planner

..... Ordinary & Happy

POSITIVITY IDEAS

- **Wake-Up Song:** “One Last Hope” from Hercules.
- **Fill-in-the-Blank Positive Thought:** The people I want to spend more time with next year are...
- **Holiday-Themed Song:** “My Favorite Things” Julie Andrews.

FOOD & MEALS

- **Breakfast:** Breakfast tacos.
- **Lunch:** Halloumi bagel sandwich.
- **Dinner:** White chicken chili with cornbread.

HOLIDAY IDEAS

- **Holiday Prep Idea:** Have a NYE prep day, getting all the last-minute things ready.
- **Holiday Movie Idea:** Serendipity (2001).
- **December Bucket List Idea:** Listen to your favorite winter songs.

THINGS TO DO & ACTIVITIES

- **Self-Care Idea:** Listen to an audiobook or a podcast you love.
- **Decluttering Idea:** Tidy the house if hosting for NYE.
- **Trying Something New:** Go to a museum or art gallery you haven't been to before.
- **Doodling Idea:** Confetti.
- **Watercoloring Idea:** Snow-capped building or structure.
- **Photo Idea:** Something that's meaningful to you.

JOURNALING IDEAS

- **Morning Journaling Prompt:** Your favorite three photos from the year on your phone and why.
- **Evening Journaling Prompt:** One thing you're happy to take into next year and want to keep as it is.
- **Gratitude for 2025 Journaling:** A time you felt you were your true self this year.
- **Self-Care Journaling:** Self-care ideas you can make part of your daily or weekly routine next year.

ACT OF KINDNESS

Keep a positive attitude and only share positive things.

CONVERSATION IDEA

What makes you hopeful for next year.