

# December 31st Inspiration & Ideas

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

## FEEL-GOOD IDEAS

- **Wake-Up Song:** “Ready as I’ll Ever Be” from Tangled: The Series.
- **Fill-in-the-Blank Positive Thought:** Something I love about myself that I’ll never change is...
- **Holiday-Themed Song:** “Jingle Bell Rock” Bobby Helms.

## IDEAS FOR THE HOLIDAYS

- **Holiday Prep Idea:** Celebrate NYE and set one main goal for 2026.
- **Holiday Movie Idea:** When Harry Met Sally (1989).
- **December Bucket List Idea:** Plan a bucket list for next year.

## FOOD IDEAS

- **Breakfast:** French toast.
- **Lunch:** Sushi.
- **Dinner:** Steaks with fries and veggies.

## ACTIVITIES & IDEAS FOR THE DAY

- **Self-Care Idea:** Create your 2026 bucket list.
- **Decluttering Idea:** Do a quick 15-minute declutter and tidy before guests arrive.
- **Trying Something New:** Try a NYE tradition from another country.
- **Doodling Idea:** Fireworks.
- **Watercoloring Idea:** Evergreen tree.
- **Photo Idea:** NYE photo.

## JOURNALING IDEAS

- **Morning Journaling Prompt:** One positive change to your morning routine starting tomorrow.
- **Evening Journaling Prompt:** Describe in detail a particular day from the past year and ask why you chose that day.
- **Gratitude for 2025 Journaling:** What you’re proud of from this year.
- **Self-Care Journaling:** Things you’re proud of yourself for this year.

## CONVERSATION IDEA

What you’re looking forward to next year.

## ACT OF KINDNESS

Be kind to yourself and celebrate going into 2026 the way you want to.