

December 4th Daily Planner

..... Ordinary & Happy

GREAT POSITIVITY IDEAS

- **Wake-Up Song:** "Wall-E" from WALL-E.
- **Fill-in-the-Blank Positive Thought:** Someone I want to see before the holidays is...
- **Holiday-Themed Song:** "Wizards in Winter" Trans-Siberian Orchestra.

IDEAS FOR THE HOLIDAYS

- **Holiday Prep Idea:** Get all the holiday decor out of storage and see what else you need this year.
- **Holiday Movie Idea:** Miracle on 34th Street (1994 remake or 1947 classic).
- **December Bucket List Idea:** Bake gingerbread cookies.

FOOD & MEALS

- **Breakfast:** Yogurt bowl with honey, walnuts, and pomegranate
- **Lunch:** Cranberry chicken salad sandwich
- **Dinner:** Spinach ricotta ravioli with pesto

IDEAS FOR THINGS TO DO

- **Self-Care Idea:** Have a bubble bath with seasonal scents (like winter jasmine).
- **Decluttering Idea:** Go through the freezer and organize the contents.
- **Trying Something New:** Try a new hot cocoa flavor (e.g., hazelnut, mint, ginger).
- **Doodling Idea:** Polar bear.
- **Watercoloring Idea:** Carriage.
- **Photo Idea:** Christmas cookies.

JOURNALING IDEAS FOR THE DAY

- **Morning Journaling Prompt:** Holiday prep you've been putting off that you can get done today.
- **Evening Journaling Prompt:** A setback from the year you overcame and what it taught you.
- **Gratitude for 2025 Journaling:** A memorable conversation you had.
- **Self-Care Journaling:** Tasks you can delegate or not volunteer for to make sure you're not overextended.

ACT OF KINDNESS

Surprise your partner or a family member with a small gift.

CONVERSATION IDEA

An unexpected lesson from the year.