

December 6th Full-Day Planner

..... Ordinary & Happy

FEEL-GOOD SUGGESTIONS

- **Wake-Up Song:** “Walk to Work” from Monsters, Inc.
- **Fill-in-the-Blank Positive Thought:** One thing that brings me joy on a cold day is...
- **Holiday-Themed Song:** “Linus and Lucy” Vince Guaraldi Trio (A Charlie Brown Christmas).

ACTIVITIES & IDEAS FOR THE DAY

- **Self-Care Idea:** Go for a scenic walk.
- **Decluttering Idea:** Declutter the dining room or dining table, removing items that don't belong.
- **Trying Something New:** Try a new board game for game night with friends.
- **Doodling Idea:** Penguin.
- **Watercoloring Idea:** Something in the cupboard.
- **Photo Idea:** December sunset.

MEAL IDEAS

- **Breakfast:** Pancakes with maple-mascarpone cream
- **Lunch:** Avocado toast with scrambled eggs
- **Dinner:** Meatballs with rice and roasted veggies

IDEAS FOR THE HOLIDAYS

- **Holiday Prep Idea:** Have a self-care day to recharge for the week ahead.
- **Holiday Movie Idea:** The Holiday (2006).
- **December Bucket List Idea:** Journal about the past year.

JOURNALING SUGGESTIONS

- **Morning Journaling Prompt:** What you're looking forward to this weekend.
- **Evening Journaling Prompt:** Weekend routines you've stayed consistent with.
- **Gratitude for 2025 Journaling:** An ordinary object or item you got that made life easier.
- **Self-Care Journaling:** What makes you feel cozy.

ACT OF KINDNESS

Offer to run an errand for a family member or close friend.

CONVERSATION IDEA

A Christmas movie that isn't a Christmas movie.