December 8th Daily Planner

Ordinary & Happy

FEEL-GOOD IDEAS

- **Wake-Up Song:** "I Wan'na Be Like You" from The Jungle Book
- **Fill-in-the-Blank Positive Thought:** This year, I was good at...
- **Holiday-Themed Song:** "Deck the Hall" Nat King Cole

ACTIVITIES & THINGS TO DO

- **Self-Care Idea:** Light a seasonal candle (e.g., gingerbread, vanilla).
- **Decluttering Idea:** Make room for the Christmas tree.
- **Trying Something New:** Try a new 5-minute evening routine.
- **Doodling Idea:** Reindeer.
- **Watercoloring Idea:** Warm festive drink.
- **Photo Idea:** Cup of hot cocoa.

HOLIDAY IDEAS

- **Holiday Prep Idea:** Start decorating the house to your favorite holiday music.
- **Holiday Movie Idea:** The Family Stone (2005).
- **December Bucket List Idea:** Make a festive playlist.

FOOD & MEAL IDEAS

- **Breakfast:** Overnight mango coconut chia pudding
- **Lunch:** Ham and cheese wrap
- **Dinner:** Crab cakes with salad

JOURNALING IDEAS

- **Morning Journaling Prompt:** Simple, fun activities you can organize with friends.
- **Evening Journaling Prompt:** How you feel loved, right now.
- **Gratitiude for 2025 Journaling:** A goal you made a lot of progress on.
- **Self-Care Journaling:** People you want to connect with before the year finishes, even if it's just a message.

CONVERSATION TOPIC

A place that is more enjoyable in the winter than in the summer.

ACT OF KINDNESS

Donate some books.