

# December 9th Full-Day Planner

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

## POSITIVE MORNING IDEAS

- **Wake-Up Song:** “DuckTales Theme” from DuckTales
- **Fill-in-the-Blank Positive Thought:** My home is cozy because...
- **Holiday-Themed Song:** “Underneath the Tree” Kelly Clarkson

## HOLIDAY-THEMED IDEAS

- **Holiday Prep Idea:** Set up a little gift-wrapping station and start wrapping gifts.
- **Holiday Movie Idea:** Klaus (2019).
- **December Bucket List Idea:** Try a new winter recipe.

## MEAL IDEAS

- **Breakfast:** Caprese toast
- **Lunch:** Mediterranean couscous bowl
- **Dinner:** Chicken tortilla soup

## THINGS TO DO & IDEAS

- **Self-Care Idea:** Write down three things you’re grateful for.
- **Decluttering Idea:** Do a 15-minute declutter in the living room, making room for seasonal decor.
- **Trying Something New:** Make a mulled drink using a new recipe.
- **Doodling Idea:** Sled.
- **Watercoloring Idea:** Something red.
- **Photo Idea:** December sunrise.

## JOURNALING FOR THE DAY

- **Morning Journaling Prompt:** Family you won’t see over the holidays to catch up with online.
- **Evening Journaling Prompt:** Favorite memories from fall.
- **Gratitude for 2025 Journaling:** Something you read that inspired you.
- **Self-Care Journaling:** What you love about winter, despite the cold weather.

## CONVERSATION IDEA

The most adventurous place you’d love to stay for one night.

## ACT OF KINDNESS

Check in on friends you haven’t talked to in a while.