



Ordinary & Happy

POSITIVE IDEAS FOR THE DAY

- **Wake-Up Song:** “Don’t You Worry ‘Bout a Thing” Stevie Wonder.
- **Fill-in-the-Blank Positive Thought:** This year will be wonderful because...
- **Motivational Song:** “Don’t Stop Believin’” Journey.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:

Why this habit or goal matters to you.

FOOD & MEAL IDEAS

- **Breakfast:** French Toast.
- **Lunch:** Smoked Salmon Salad.
- **Dinner:** Quiche with Salad.

ACTIVITIES & IDEAS FOR THE DAY

- **January Bucket List:** Make a vision board for the year.
- **Self-Care Idea:** Journal about your wins last year and goals for the upcoming year.
- **Decluttering Idea:** Sort & organize your holiday photos.
- **Trying Something New:** Start reading a new book today.
- **Doodling Idea:** Party hat.
- **Watercoloring Idea:** One of your holiday gifts.
- **Photo Idea:** New Year's Day breakfast or brunch.

JOURNALING IDEAS

- **Morning Journaling:** One thing you can do differently this morning.
- **Evening Journaling:** A simple yet defining moment from last year that will help shape this year.
- **Gratitude Journaling:** What you have the opportunity to do every day, no matter how big or small.
- **Self-Care Journaling:** Rather than being 'perfect', what 5-10 minutes of a new routine or goal could be.

INSPIRING MESSAGE

If you focus on making every day a little bit special, the whole year will be memorable.

ACT OF KINDNESS

Wish loved ones a 'Happy New Year'.