

January 10th

Inspiration & Ideas



..... Ordinary & Happy

FEEL-GOOD & POSITIVITY IDEAS

- **Wake-Up Song:** “The Greatest” Sia.
- **Fill-in-the-Blank Positive Thought:** One thing I need to be patient with is...
- **Motivational Song:** “Chariots of Fire” Vangelis.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:

Whether ten days of your goal has made you feel more confident.

MEAL IDEAS

- **Breakfast:** Pancakes with Maple Syrup.
- **Lunch:** Fattoush Salad.
- **Dinner:** White Chicken Chili with Cornbread.

JOURNALING SUGGESTIONS

- **Morning Journaling:** Something around you right now that inspires you.
- **Evening Journaling:** Positive ways you feel the same so far this year.
- **Self-Care Journaling:** Ways to make your home cozier.
- **Gratitude Journaling:** Opportunities for connection and memories your home gives you.

WHAT YOU COULD DO TODAY

- **January Bucket List:** Make a playlist to inspire you this year.
- **Self-Care Idea:** Sleep in and have a cozy brunch at home.
- **Decluttering Idea:** Tidy other remaining holiday food items and supplies.
- **Trying Something New:** Go on a day trip somewhere you haven't been before.
- **Doodling Idea:** Snow-covered pinecone.
- **Watercoloring Idea:** Bridge.
- **Photo Idea:** A photo by candlelight.

ACT OF KINDNESS

Sew or fix an item of clothing.

INSPIRATIONAL MESSAGE

Winter brings a unique kind of beauty with it.