



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

## IDEAS FOR A FEEL-GOOD MORNING

- **Wake-Up Song:** “Beautiful Day” U2.
- **Fill-in-the-Blank Positive Thought:** Things that make me feel warm include...
- **Motivational Song:** “I Won’t Back Down” Tom Petty.

## 31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

### Today's Reflection:

Something that may be delaying you completing your goal.

## FOOD IDEAS

- **Breakfast:** Yogurt Parfait with Fresh Berries.
- **Lunch:** Cranberry Chicken Salad Sandwich.
- **Dinner:** Mushroom Soup.

## THINGS YOU CAN DO TODAY

- **January Bucket List:** Make a reading list for the year.
- **Self-Care Idea:** Track your sleep for 7 days.
- **Decluttering Idea:** Go through your holiday cards and keep only the meaningful ones.
- **Trying Something New:** Make infused water with winter flavors (e.g., orange & ginger).
- **Doodling Idea:** Blanket fort.
- **Watercoloring Idea:** Ajar door.
- **Photo Idea:** A fun activity.

## JOURNALING FOR THE DAY

- **Morning Journaling:** Something you could do with friends this weekend.
- **Evening Journaling:** If not, simple ways to get new goals or routines back on track.
- **Self-Care Journaling:** Positive things to tell yourself when setbacks arise this year.
- **Gratitude Journaling:** Identify the free/quiet times of your day, even if it's only minutes.

## ACT OF KINDNESS

Check in on someone who finds the winter tough.

## INSPIRATIONAL MESSAGE

Look in the mirror and admire what makes you beautifully unique.