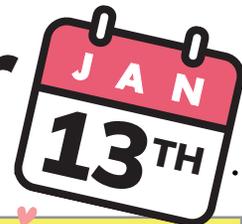


# January 13th

# Full-Day Planner



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

## POSITIVE IDEAS FOR THE DAY

- **Wake-Up Song:** “Jump” Van Halen.
- **Fill-in-the-Blank Positive Thought:** When I leave the house, I’m grateful for...
- **Motivational Song:** “You’re the Best” Joe “Bean” Esposito.

## FOOD IDEAS

- **Breakfast:** Smoked Salmon Breakfast Sandwich.
- **Lunch:** Chickpea Tuna Salad.
- **Dinner:** Taco Bowl.

## 31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

**Today's Reflection:**  
A change you can make to your surroundings to make it easier.

## JOURNALING FOR THE DAY

- **Morning Journaling:** People you didn't see over the holidays that you could check in with.
- **Evening Journaling:** Progress you're overlooking on a daily basis.
- **Self-Care Journaling:** What you notice if you pause and listen, right now.
- **Gratitude Journaling:** An opportunity that came from a setback you overcame.

## THINGS YOU CAN DO TODAY

- **January Bucket List:** Have a gingerbread latte or hot cocoa in your pajamas.
- **Self-Care Idea:** Try a moisturizing face mask.
- **Decluttering Idea:** Toss old calendars.
- **Trying Something New:** Learn three new words today.
- **Doodling Idea:** Journal page.
- **Watercoloring Idea:** Orchid.
- **Photo Idea:** Something red.

## ACT OF KINDNESS

Give an extra-warm 'thank you' to a store employee.

## INSPIRATIONAL MESSAGE

Even if it's not always said out loud, you're cherished and appreciated.