

January 15th

Full-Day Planner



Ordinary & Happy

POSITIVE DAY IDEAS

- **Wake-Up Song:** “Walking on Sunshine” Katrina & The Waves.
- **Fill-in-the-Blank Positive Thought:** On a cold evening, I’ll make...
- **Motivational Song:** “I Will Survive” Gloria Gaynor.

FOOD SUGGESTIONS

- **Breakfast:** Breakfast Sandwich with Eggs & Cheese.
- **Lunch:** Ham and Cheese Wrap.
- **Dinner:** Sheet-Pan Chicken and Veggies.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:
Whether you think less or more about the goal every day.

ACTIVITIES & IDEAS

- **January Bucket List:** Visit a museum or art gallery.
- **Self-Care Idea:** Catch up on your favorite show in the evening.
- **Decluttering Idea:** Review your subscriptions.
- **Trying Something New:** Try a new activity as part of your evening routine.
- **Doodling Idea:** Something blue.
- **Watercoloring Idea:** Frozen pond or lake.
- **Photo Idea:** Something that motivates you.

ALL-DAY JOURNALING

- **Morning Journaling:** An ordinary daily routine that's more meaningful than you realize.
- **Evening Journaling:** Simple ways you've made January purposeful so far.
- **Self-Care Journaling:** What you want to be beyond 'productive' this year.
- **Gratitude Journaling:** Opportunities January has given you so far.

INSPIRATIONAL MESSAGE

You've already made a lot of progress this year.

ACT OF KINDNESS

Make a loved one a warm drink.