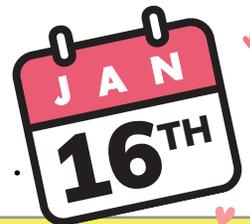


# January 16th

# Daily Plan



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

## FEEL-GOOD & POSITIVE MORNING IDEAS

- **Wake-Up Song:** "Daydream" The Lovin' Spoonful.
- **Fill-in-the-Blank Positive Thought:** This evening, the family and I can talk about...
- **Motivational Song:** "Keep Your Head Up" Andy Grammer.

## 31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

**Today's Reflection:**  
How you feel at the halfway point.

## MEAL IDEAS

- **Breakfast:** Overnight Oats.
- **Lunch:** Waldorf Salad.
- **Dinner:** Pan-Seared Fish, Coleslaw, and Fries.

## THINGS YOU CAN DO TODAY

- **January Bucket List:** Take a happy photo with family or friends.
- **Self-Care Idea:** Have a fun evening out at a board game cafe.
- **Decluttering Idea:** Set a timer for 15 minutes and catch up on previous tasks.
- **Trying Something New:** Try a new board game for game night with family or friends.
- **Doodling Idea:** Hockey stick.
- **Watercoloring Idea:** Key.
- **Photo Idea:** Steam from a cup of hot cocoa or tea.

## JOURNALING FOR THE DAY

- **Morning Journaling:** Goals or habits you've made progress on up to this point of the month.
- **Evening Journaling:** Routines and general things that are working well in January.
- **Self-Care Journaling:** What you'd do this year if you had 10 extra minutes every day.
- **Gratitude Journaling:** An opportunity that came from being patient.

## ACT OF KINDNESS

Play a conversation game with the family.

## INSPIRATIONAL MESSAGE

Last year's memories will stay with you forever.