

January 18th

Daily Planner



Ordinary & Happy

POSITIVITY FEEL-GOOD IDEAS

- **Wake-Up Song:** "I Can See Clearly Now" Johnny Nash.
- **Fill-in-the-Blank Positive Thought:** So far this year, I've made progress on...
- **Motivational Song:** "Shake It Off" Taylor Swift.

MEAL IDEAS

- **Breakfast:** Quiche.
- **Lunch:** Grilled Chicken Greek Salad.
- **Dinner:** Twice-Baked Potatoes.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:
What you have learned about yourself so far.

ACTIVITIES FOR THE DAY

- **January Bucket List:** Get cozy winter socks.
- **Self-Care Idea:** Visit the local farmers' market.
- **Decluttering Idea:** Scan old notes & notebooks, then store away or shred.
- **Trying Something New:** Explore a nearby city or place you haven't been to before.
- **Doodling Idea:** Ball of yarn.
- **Watercoloring Idea:** Winter coat.
- **Photo Idea:** An interesting sign.

JOURNALING FOR THE DAY

- **Morning Journaling:** What you can do to take a 5-minute break from everything.
- **Evening Journaling:** Any additional progress made on January goals or routines.
- **Self-Care Journaling:** Times last year you felt most like yourself.
- **Gratitude Journaling:** An opportunity you took that revealed something about yourself.

ACT OF KINDNESS

Have another January goals check-in with someone.

INSPIRATIONAL MESSAGE

You've already shown so much courage this year.