

January 19th

Full-Day Planner



Ordinary & Happy

FEEL-GOOD POSITIVE IDEAS

- **Wake-Up Song:** "Count on Me" Bruno Mars.
- **Fill-in-the-Blank Positive Thought:** I'm motivated when I think of...
- **Motivational Song:** "Whatever It Takes" Imagine Dragons.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:

What helped you complete the goal on a very tough day.

FOOD IDEAS

- **Breakfast:** Mango Coconut Oatmeal.
- **Lunch:** Hummus Sandwich with Avocado.
- **Dinner:** Salmon Quinoa Bowls.

JOURNALING FOR THE DAY

- **Morning Journaling:** Simple home decor changes that can energize you.
- **Evening Journaling:** What makes you smile when you look in the mirror.
- **Self-Care Journaling:** Joyful things you could do today.
- **Gratitude Journaling:** A recent opportunity you're grateful for.

IDEAS & ACTIVITIES FOR THE DAY

- **January Bucket List:** Try a new indoor hobby.
- **Self-Care Idea:** Say one kind thing to yourself in the mirror.
- **Decluttering Idea:** Set a 15-min timer & tidy what you can in the kitchen.
- **Trying Something New:** Listen to a new playlist or a new song release.
- **Doodling Idea:** Pink carnation.
- **Watercoloring Idea:** Shopfront or store signage.
- **Photo Idea:** Your reflection.

INSPIRATIONAL MESSAGE

Wear your confidence like a beloved winter coat.

ACT OF KINDNESS

Get an extra-cozy blanket for the house.