



Ordinary & Happy

INSPIRING & MOTIVATIONAL IDEAS

- **Wake-Up Song:** "This Is Me" Keala Settle.
- **Fill-in-the-Blank Positive Thought:** I can get quiet and clarity when I go to...
- **Motivational Song:** "Unwritten" Natasha Bedingfield.

MEALS FOR THE DAY

- **Breakfast:** Breakfast Quesadilla.
- **Lunch:** Deli Turkey Wrap.
- **Dinner:** Spaghetti & Meatballs.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:
After three weeks, the biggest change you've noticed.

FULL DAY OF JOURNALING

- **Morning Journaling:** Ways you've been resilient this month.
- **Evening Journaling:** Simple changes you could make to your home for more warmth and color.
- **Self-Care Journaling:** What motivated you last year when you were really tired.
- **Gratitude Journaling:** An opportunity that came from accepting help.

THINGS YOU CAN DO TODAY

- **January Bucket List:** Try roasted chestnuts.
- **Self-Care Idea:** Have a bubble bath.
- **Decluttering Idea:** Set a 15-min timer & tidy what you can in the bathroom.
- **Trying Something New:** Try a new coffee shop.
- **Doodling Idea:** Something gold.
- **Watercoloring Idea:** Pair of sneakers.
- **Photo Idea:** Flowers in a vase.

ACT OF KINDNESS

Ask a loved one if they need some support with anything.

INSPIRATIONAL MESSAGE

The habits you're building now are contributing to a happy and meaningful life.