January 27th Full-Day Planner

Ordinary & Happy

JAN 27TH

FEEL-GOOD & POSITIVE IDEAS

- **Wake-Up Song:** “Learn Me Right” Birdy and Mumford & Sons.
- **Fill-in-the-Blank Positive Thought:** I get encouragement from...
- **Motivational Song:** “A Million Dreams” P!nk.

FOOD IDEAS

- **Breakfast:** Boiled Eggs with Toast.
- **Lunch:** Chopped Salad.
- **Dinner:** Beef Burritos.

31-DAY GOAL TRACKER

☐ TODAY’S GOAL COMPLETED

Today’s Reflection:
What about this process you’re grateful for.

ACTIVITIES & THINGS YOU CAN DO

- **January Bucket List:** Try a new recipe.
- **Self-Care Idea:** Try some deep-breathing exercises.
- **Decluttering Idea:** Put 3 items back to where they belong.
- **Trying Something New:** Watch the first episode or two of a new TV show.
- **Doodling Idea:** Open book.
- **Watercoloring Idea:** Salted sidewalk or road.
- **Photo Idea:** Something motivating.

JOURNALING FOR THE DAY

- **Morning Journaling:** One way you’ve set a good example for your loved ones this month.
- **Evening Journaling:** What has motivated you to show up and keep going this month.
- **Self-Care Journaling:** People who make you laugh and feel confident.
- **Gratitude Journaling:** Work or career achievements you’re proud of.

ACT OF KINDNESS

Write an encouraging message to a friend.

INSPIRATIONAL MESSAGE

Warmer days are on the horizon.