

January 28th

Full-Day Planner



Ordinary & Happy

FEEL-GOOD IDEAS

- **Wake-Up Song:** “The Sharing Song” Jack Johnson.
- **Fill-in-the-Blank Positive Thought:** Right now, something that brings me calm is...
- **Motivational Song:** “Unstoppable” Sia.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:

Whether pursuing this goal has improved your life.

FOOD IDEAS

- **Breakfast:** Pineapple Melon Smoothie.
- **Lunch:** Creamy Chicken Wrap.
- **Dinner:** Pesto Gnocchi.

IDEAS FOR THE DAY

- **January Bucket List:** Make s'mores.
- **Self-Care Idea:** Dance to your favorite songs.
- **Decluttering Idea:** Choose one small surface to declutter.
- **Trying Something New:** Try some new stretching exercises.
- **Doodling Idea:** Something you love.
- **Watercoloring Idea:** Bowl of soup.
- **Photo Idea:** A busy street.

JOURNALING FOR THE DAY

- **Morning Journaling:** What has been a ‘success’ in January so far.
- **Evening Journaling:** Who you could message, right now, that can make you feel great.
- **Self-Care Journaling:** Ways to have more time with those people this year.
- **Gratitude Journaling:** An opportunity that came from observing.

INSPIRATIONAL MESSAGE

You should take so much pride in your progress this month.

ACT OF KINDNESS

Do some online volunteering.