



..... Ordinary & Happy

FEEL-GOOD SUGGESTIONS

- **Wake-Up Song:** “On Top of the World” Imagine Dragons.
- **Fill-in-the-Blank Positive Thought:** My favorite gifts from the holidays are...
- **Motivational Song:** “Dog Days Are Over” Florence + The Machine.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:

The day you wanted to give up the most and why.

MEALS & FOOD IDEAS

- **Breakfast:** Granola Bars.
- **Lunch:** Naan Pizza.
- **Dinner:** Mediterranean Chicken Salad.

ACTIVITIES & THINGS TO DO

- **January Bucket List:** Have an indoor picnic.
- **Self-Care Idea:** Have a no-screen evening.
- **Decluttering Idea:** Choose one shelf to declutter.
- **Trying Something New:** Try a fun activity like archery or tap dancing.
- **Doodling Idea:** Grapefruit.
- **Watercoloring Idea:** Freshly made bed.
- **Photo Idea:** Something funny.

JOURNALING FOR THE DAY

- **Morning Journaling:** Ways you feel different from the December version of yourself.
- **Evening Journaling:** Old or new routines you've stayed consistent with this month.
- **Self-Care Journaling:** Ways you've embraced the winter so far.
- **Gratitude Journaling:** Opportunities created from habits or routines.

ACT OF KINDNESS

Give yourself a little time in the evening for something you enjoy.

INSPIRING MESSAGE

Your 'why' can get you through the tough days.