



..... Ordinary & Happy

POSITIVE IDEAS

- **Wake-Up Song:** “Good Day” Surfaces.
- **Fill-in-the-Blank Positive Thought:** A big goal I have for the year is...
- **Motivational Song:** “Don’t Stop Me Now” Queen.

FOOD IDEAS

- **Breakfast:** Frittata with Sun-Dried Tomatoes & Cheese.
- **Lunch:** Tomato Avocado Salad.
- **Dinner:** Chicken Lasagna.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:
How it feels to complete 31 days.

THINGS YOU CAN DO TODAY

- **January Bucket List:** Plan or go on a road trip.
- **Self-Care Idea:** Write down five things you're grateful for this month.
- **Decluttering Idea:** Set a 20-min timer for a general tidy & declutter.
- **Trying Something New:** Try a new-to-you fun outdoor sport.
- **Doodling Idea:** Checklist.
- **Watercoloring Idea:** Melted cheese.
- **Photo Idea:** Clouds in the sky.

JOURNALING FOR THE DAY

- **Morning Journaling:** Habits and routines to continue into February.
- **Evening Journaling:** What goals or routines you want to continue into February.
- **Self-Care Journaling:** One way you surprised yourself this month.
- **Gratitude Journaling:** Opportunities you took this month.

ACT OF KINDNESS

Have an aspirational 'rest of the year' planning session.

INSPIRATIONAL MESSAGE

You made the month special in your own way.