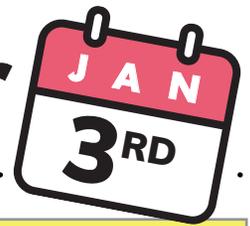


January 3rd

Ideas & Planner



Ordinary & Happy

POSITIVITY IDEAS

- **Wake-Up Song:** "It's Such a Good Feeling" Fred Rogers.
- **Fill-in-the-Blank Positive Thought:** Every day, I'm grateful for the opportunity to...
- **Motivational Song:** "Hold on Tight" Electric Light Orchestra.

IDEAS FOR FOOD

- **Breakfast:** Baked Eggs in Tomato Sauce with Zucchini and Peppers.
- **Lunch:** Halloumi Orange Salad.
- **Dinner:** Stuffed Eggplant with Beef, Ricotta, and Tomatoes.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:
Who could hold you accountable.

JOURNALING IDEAS

- **Morning Journaling:** People who can support and hold you accountable this month.
- **Evening Journaling:** Simple, grounding routines that don't need to change.
- **Self-Care Journaling:** Three simple things you're leaving behind in the past year.
- **Gratitude Journaling:** Who you could call today just to chat.

ACTIVITIES FOR THE DAY

- **January Bucket List:** Try a winter evening routine (e.g., tea, bubble bath, reading).
- **Self-Care Idea:** Go for a scenic walk.
- **Decluttering Idea:** Go through your fitness equipment & clothes.
- **Trying Something New:** Go for a scenic walk somewhere new.
- **Doodling Idea:** Ice skates.
- **Watercoloring Idea:** Staircase.
- **Photo Idea:** Writing down goals on paper.

ACT OF KINDNESS

Offer to be someone's accountability buddy for their January goals.

INSPIRING MESSAGE

You've begun. It doesn't have to be perfect.