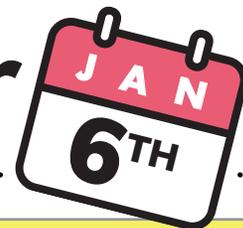


January 6th

Full-Day Planner



Ordinary & Happy

POSITIVITY IDEAS

- **Wake-Up Song:** "Dear Prudence" The Beatles.
- **Fill-in-the-Blank Positive Thought:** My home is cozy because of...
- **Motivational Song:** "Survivor" Destiny's Child.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:

Which day you've felt the best after working on your goal and why.

MEAL SUGGESTIONS

- **Breakfast:** Toasted Bagel and Cream Cheese.
- **Lunch:** Mediterranean Chickpea Salad.
- **Dinner:** Chicken Tacos with Avocado Crema.

ACTIVITIES FOR THE DAY

- **January Bucket List:** Start a new photo album for the year.
- **Self-Care Idea:** Put on your favorite playlist and relax in the evening.
- **Decluttering Idea:** Return or exchange gifts you don't need or want.
- **Trying Something New:** Learn 5 new words in another language.
- **Doodling Idea:** Firewood.
- **Watercoloring Idea:** Boots.
- **Photo Idea:** An interesting building.

JOURNALING FOR THE DAY

- **Morning Journaling:** One way you can support a loved one today.
- **Evening Journaling:** Something you handled better than expected today.
- **Self-Care Journaling:** Simple ideas for daily self-care this year.
- **Gratitude Journaling:** Something different you could try this month.

ACT OF KINDNESS

Donate some winter clothes you're not using.

INSPIRATIONAL MESSAGE

This year, don't try to change too much. Embrace what makes you unique.