

January 7th

Full-Day Planner



..... Ordinary & Happy

POSITIVE & FEEL-GOOD SUGGESTIONS

- **Wake-Up Song:** “A Beautiful Morning” The Rascals.
- **Fill-in-the-Blank Positive Thought:** My fondest memory of the holidays is...
- **Motivational Song:** “I Was Born” Hanson.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:

The hardest day of the first 7 days and why.

FOOD & MEALS

- **Breakfast:** Cereal and Milk.
- **Lunch:** Pesto Chicken White Bean Salad.
- **Dinner:** Roasted Tomato Soup & Grilled Cheese.

ACTIVITIES & IDEAS

- **January Bucket List:** Stargaze in the evening.
- **Self-Care Idea:** Try a 10-minute stretching routine.
- **Decluttering Idea:** Donate or plan to re-gift items you received that you don't want.
- **Trying Something New:** Have a new snack you haven't tried before.
- **Doodling Idea:** Alarm clock.
- **Watercoloring Idea:** Frost on the grass.
- **Photo Idea:** Something white.

JOURNALING FOR THE DAY

- **Morning Journaling:** Something that's beautiful outside of your window right now.
- **Evening Journaling:** How today was purposeful for you, no matter what that purpose.
- **Self-Care Journaling:** Simple ideas for weekly self-care this year.
- **Gratitude Journaling:** A person who gave you an opportunity.

ACT OF KINDNESS

Send a message to someone you didn't catch up with over the holidays.

INSPIRATIONAL MESSAGE

An act of kindness can make someone's life a little bit better.