

# 1st March

# Planner & Ideas



Ordinary & Happy

## FEEL-GOOD IDEAS

- **Wake-Up Song:** "Walking on Sunshine" Katrina & The Waves
- **Fill-in-the-Blank Positive Thought:** This spring, I'm looking forward to...
- **Spring Mood Song:** "Spring (La Primavera)" Antonio Vivaldi

A new month, a new season, and new opportunities await you. Go & find them!

### BREAKFAST

Mushroom Cheese  
Omelet

### LUNCH

Serranito Sandwich

### DINNER

Honey Garlic Chicken  
with Potato Wedges

## ACTIVITIES & THINGS TO DO

- **March Bucket List:** Write a spring goals list.
- **Self-Care Idea:** Watch the first sunset of the month.
- **Romantic Idea:** Write a list of ten reasons you love your partner.
- **Trying Something New:** Explore a street you've never walked before.
- **Photo Idea:** Something that inspires you.
- **Doodling Idea:** Cherry blossom.
- **Watercoloring Idea:** Sunrise over rolling hills.

## DAILY DECLUTTERING IDEA

Set a 30-min timer and clear as many flat surfaces as you can.

## JOURNALING FOR THE DAY

- **Morning Journaling:** What spring means to you.
- **Evening Journaling:** Opportunities this year has presented to you so far, no matter how small.
- **Gratitude Journaling:** Winter lessons and memories you're grateful for.
- **Self-Care Journaling:** Best thing you did for your self-care last month.
- **One-Word Journaling:** Bloom.

## MY TOP PRIORITIES FOR THE DAY

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