

# 2nd March Planner & Ideas



Ordinary & Happy

## POSITIVITY IDEAS

- **Wake-Up Song:** "Circle of Life" from The Lion King
- **Fill-in-the-Blank Positive Thought:** A story that always inspires is...
- **Spring Mood Song:** "Tulips from Amsterdam" Max Bygraves

You can only build momentum by starting. Today, just take a step forward.

### BREAKFAST

Tropical Chia Pudding

### LUNCH

Halloumi Bagel Sandwich

### DINNER

Spinach Ricotta Ravioli

## DECLUTTERING IDEA FOR THE DAY

Reset the entryway, keeping only the items you'll need this spring.

## IDEAS FOR THE DAY

- **March Bucket List:** Visit the botanical garden.
- **Self-Care Idea:** Make a vision board for spring.
- **Romantic Idea:** Get them their favorite snacks from the store.
- **Trying Something New:** Try a new stretching exercise.
- **Photo Idea:** Something green.
- **Doodling Idea:** An interesting book cover.
- **Watercoloring Idea:** Cup of tea and your favorite book.

## WHAT TO JOURNAL ABOUT

- **Morning Journaling:** Your top three goals for spring.
- **Evening Journaling:** A book or story you loved to lose yourself in.
- **Gratitude Journaling:** A book you're grateful for and why.
- **Self-Care Journaling:** Things you could do for self-care this month.
- **One-Word Journaling:** Hope.

## THREE THINGS TO ACCOMPLISH TODAY

- |                     |                     |                     |
|---------------------|---------------------|---------------------|
| • 1. _____<br>_____ | • 2. _____<br>_____ | • 3. _____<br>_____ |
|---------------------|---------------------|---------------------|