



All-Day Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

POSITIVITY IDEAS

Go about life with love and enthusiasm, but allow yourself time to be silly.

- **Wake-Up Song:** “Never Gonna Give You Up” Rick Astley
- **Positive Thought:** This April, I’m ready for...
- **Positive Change Idea:** Choose photos from last year on your phone to print.

MEAL IDEAS

- **Breakfast:** Toasted Bagel (with DIY toppings)
- **Lunch:** Tomato Burrata Salad
- **Dinner:** Chicken with Mozzarella, Sun-Dried Tomatoes, and Spinach

DECLUTTERING IDEA

Set a 15-min timer and find 3 items to recycle or toss.

DECLUTTERING COMPLETED

DEEP TALK

What keeps you hopeful in uncertain times.

ACTIVITIES & THINGS TO DO

- **April Bucket List:** Watch the sunset from a scenic viewpoint.
- **Self-Care Idea:** Start a gratitude journal.
- **Romantic Idea:** Send them a sweet ‘thinking of you’ text.
- **Simple Fun:** Visit a museum or art gallery.
- **Kindness Idea:** Bring coffee or snacks to work.
- **Photo Idea:** At sunset.
- **Doodling Idea:** Park bench under a cherry blossom tree.
- **Watercoloring Idea:** Sunrise.

JOURNALING IDEAS

- **Morning Journaling:** Something in life you can take a little less seriously and have more fun with.
- **Evening Journaling:** Best part of your day today.
- **Gratitude Journaling:** The best thing that happened this year.
- **One-Word Journaling:** Genuine.