

Daily Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

POSITIVITY IDEAS

Embrace what makes you different. You are one in a trillion.

- **Wake-Up Song:** “Don’t You Worry ‘Bout a Thing” Stevie Wonder
- **Positive Thought:** My favorite memory of a sit-down family meal is...
- **Positive Change Idea:** Make a detailed spring cleaning plan (include both April and May).

MEAL IDEAS

- **Breakfast:** Yogurt Parfait
- **Lunch:** Chicken Quesadillas
- **Dinner:** Lemon Shrimp Salad

DECLUTTERING IDEA

Set a 15-min timer and find 3 items to give away.

DECLUTTERING COMPLETED

DEEP TALK

The breathtaking views you’d see if you were a migrating bird.

THINGS TO DO

- **April Bucket List:** Go for a leisurely stroll with ice cream.
- **Self-Care Idea:** Meet up with a friend for lunch.
- **Romantic Idea:** Wake them up with a cup of coffee (or tea).
- **Simple Fun:** Have breakfast for dinner.
- **Kindness Idea:** Give up your seat on public transport.
- **Photo Idea:** At breakfast time.
- **Doodling Idea:** Peanut butter and jelly sandwich.
- **Watercoloring Idea:** Daffodils.

JOURNALING FOR THE DAY

- **Morning Journaling:** One room or space you’re going to declutter and reset this month.
- **Evening Journaling:** Lessons learned today.
- **Gratitude Journaling:** The kindest thing someone did for you.
- **One-Word Journaling:** Simple.