

# 3rd March Daily Planner



Ordinary & Happy

## IDEAS FOR A POSITIVE DAY

- **Wake-Up Song:** "I Feel Like Dancing" Jason Mraz
- **Fill-in-the-Blank Positive Thought:** In my life, I have an abundance of...
- **Spring Mood Song:** "What a Wonderful World" Louis Armstrong

Prioritize the precious things in your life.

### BREAKFAST

Fresh Fruit

### LUNCH

Avocado Toast with Burrata,  
Tomatoes, and Pesto

### DINNER

Tacos  
(salmon, chicken, etc.)

## ACTIVITIES & THINGS TO DO

- **March Bucket List:** Start a spring journal.
- **Self-Care Idea:** Get fresh air for at least 15 minutes.
- **Romantic Idea:** Go for a sunset walk.
- **Trying Something New:** Visit a museum or art gallery you've not been to before.
- **Photo Idea:** A scenic view.
- **Doodling Idea:** Something that makes you feel hopeful.
- **Watercoloring Idea:** Flag on a flagpole.

## DAILY DECLUTTERING

Clear & organize the coffee table and entertainment center in the living room.

## JOURNALING IDEAS

- **Morning Journaling:** Experiences you want more of this year.
- **Evening Journaling:** What winter has shown you about your resilience.
- **Gratitude Journaling:** Nature around you you're grateful for.
- **Self-Care Journaling:** One small way to improve your morning routine.
- **One-Word Journaling:** Joy.

## TOP THREE PRIORITIES FOR THE DAY

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