

4th March Planner & Ideas



Ordinary & Happy

POSITIVITY & INSPIRATION

- **Wake-Up Song:** “Dig a Little Dipper” Jenifer Lewis
- **Fill-in-the-Blank Positive Thought:** The next time an opportunity presents itself to me, I will...
- **Spring Mood Song:** “Here Comes the Sun” The Beatles

Your choice of words can comfort, motivate, and inspire, so choose them wisely.

BREAKFAST

Mango Pineapple
Yogurt Parfait

LUNCH

Pesto Chicken Wraps

DINNER

Lemon Parmesan Pasta

DECLUTTERING WIN

Walk through the house and pick 3 items to donate (or 3 to toss if broken).

THINGS TO DO

- **March Bucket List:** Plant some culinary herbs (outdoors or indoors).
- **Self-Care Idea:** Get yourself a small seasonal gift.
- **Romantic Idea:** Dance to a romantic song in the living room.
- **Trying Something New:** Try a new coffee shop.
- **Photo Idea:** Interesting clouds or the sky at sunset.
- **Doodling Idea:** Primroses.
- **Watercoloring Idea:** Typewriter.

ALL-DAY JOURNALING

- **Morning Journaling:** Something you’ll say ‘yes’ to more of this year.
- **Evening Journaling:** Overlooked places in your local area that bring you clarity and serenity.
- **Gratitude Journaling:** Positives of longer and lighter days for you.
- **Self-Care Journaling:** One small way to improve your evening routine.
- **One-Word Journaling:** Goals.

MY TOP PRIORITIES FOR THE DAY

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| • 1. _____ | • 2. _____ | • 3. _____ |
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