

5th March Daily Planner



Ordinary & Happy

IDEAS FOR A POSITIVE DAY

- **Wake-Up Song:** "If I Didn't Have You" Billy Crystal & John Goodman
- **Fill-in-the-Blank Positive Thought:** This spring, I'll make a little more space for...
- **Spring Mood Song:** "Lovely Day" Bill Withers

It's okay if something didn't work. You've learned something, and you can try a different approach.

BREAKFAST

Granola Bars

LUNCH

Broccoli Cheese Soup

DINNER

Chicken Souvlaki with Tzatziki

THINGS TO DO FOR THE DAY

- **March Bucket List:** Add some spring decor items to your home.
- **Self-Care Idea:** Light a spring-scented candle.
- **Romantic Idea:** Look through old photos and videos and pick your favorite ones.
- **Trying Something New:** Try a new spring salad recipe.
- **Photo Idea:** Something cozy.
- **Doodling Idea:** Umbrella with an interesting pattern.
- **Watercoloring Idea:** Daffodils.

DAILY DECLUTTERING IDEA

Walk through the house and pick 3 items that are out of place to return them where they belong.

JOURNALING IDEAS

- **Morning Journaling:** Goals from the start of the year you can revisit for the new season.
- **Evening Journaling:** A strength you admire in yourself and why.
- **Gratitude Journaling:** Progress you've made on goals or routines this year.
- **Self-Care Journaling:** A recent achievement that made you feel good.
- **One-Word Journaling:** Harmony.

THREE THINGS TO ACHIEVE TODAY

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