

# 6th March Daily Planner



Ordinary & Happy

## IDEAS FOR A POSITIVE DAY

- **Wake-Up Song:** "Friend Like Me" Will Smith
- **Fill-in-the-Blank Positive Thought:** When I look at the first signs of spring, I'm inspired to...
- **Spring Mood Song:** "Songbird" Fleetwood Mac

Confidence doesn't have to sing from the hilltops. It can be subtle.

### BREAKFAST

Banana Kiwi Spinach Smoothie

### LUNCH

Smoked Salmon Bagel Sandwich

### DINNER

Butter Burger

## DAILY DECLUTTERING IDEA

Set a 20-min timer and organize the bedroom.

## ACTIVITIES & FUN IDEAS

- **March Bucket List:** Declutter your closet for spring.
- **Self-Care Idea:** Have an evening of listening to your favorite music.
- **Romantic Idea:** Stargaze and talk about your dreams for the future together.
- **Trying Something New:** Try some seasonal produce you normally don't get.
- **Photo Idea:** Something blue.
- **Doodling Idea:** Bicycle with a basket.
- **Watercoloring Idea:** Water ripple.

## WHAT TO JOURNAL ABOUT

- **Morning Journaling:** Something you want to read more of or about this month.
- **Evening Journaling:** Moments you spoke with confidence this year.
- **Gratitude Journaling:** People who have supported you so far this year.
- **Self-Care Journaling:** Ideas for something fun to do this weekend.
- **One-Word Journaling:** Sunset.

## THREE PRIORITIES FOR THE DAY

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