

7th March

Planner & Ideas



Ordinary & Happy

FEEL-GOOD & POSITIVE IDEAS

- **Wake-Up Song:** "Can't Stop the Feeling!" Justin Timberlake
- **Fill-in-the-Blank Positive Thought:** When I breathe in deeply, then breathe out, I feel...
- **Spring Mood Song:** "Blue Skies" Ella Fitzgerald

Today, smile to yourself, regardless of whether the world smiles back or not.

BREAKFAST

Poached Eggs in Garlic Yogurt with Chili Butter

LUNCH

Quinoa Avocado Salad

DINNER

Meatballs in Tomato Sauce with Rice

MAKE THE MOST OF THE DAY

- **March Bucket List:** Do some spring cleaning at home.
- **Self-Care Idea:** Try an outdoor hobby or activity.
- **Romantic Idea:** Cook dinner together.
- **Trying Something New:** Go for a short scenic drive somewhere new.
- **Photo Idea:** A cup of coffee or tea next to your favorite book.
- **Doodling Idea:** Wind swirls.
- **Watercoloring Idea:** Ivy vines on a stone wall.

DECLUTTERING IDEA

Replace winter decor with spring one.

JOURNALING FOR THE DAY

- **Morning Journaling:** Beautiful moments of spring you'll be present for.
- **Evening Journaling:** What about the change from winter to spring inspires you.
- **Gratitude Journaling:** What you're grateful for when you look out of your window.
- **Self-Care Journaling:** What brought you joy this week.
- **One-Word Journaling:** Confidence.

MY TOP PRIORITIES FOR THE DAY

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