

# 9th March Full-Day Planner



Ordinary & Happy

## FEEL-GOOD IDEAS

- **Wake-Up Song:** "Try Everything" Shakira
- **Fill-in-the-Blank Positive Thought:** I can empower others by...
- **Spring Mood Song:** "Que Sera Sera (Whatever Will Be, Will Be)" Doris Day

You show strength in more ways than you realize.

### BREAKFAST

Strawberry Banana  
Yogurt Parfait

### LUNCH

Smoked Salmon Wraps

### DINNER

Sausage Pasta with  
Peppers

## THINGS TO DO & ACTIVITIES FOR THE DAY

- **March Bucket List:** Go for a scenic walk.
- **Self-Care Idea:** Relax and reflect for 15 minutes in the evening.
- **Romantic Idea:** Send them a romantic song that makes you think of them.
- **Trying Something New:** Follow a 5-minute drawing tutorial.
- **Photo Idea:** A balcony or doorway with flowers.
- **Doodling Idea:** Aquamarine ring.
- **Watercoloring Idea:** Kite.

## DECLUTTERING IDEA

Get your spring clothes out of storage / to the front of the closet.

## IDEAS FOR JOURNALING

- **Morning Journaling:** Ways you show strength in everyday life.
- **Evening Journaling:** A recent choice that felt right.
- **Gratitude Journaling:** A recent choice you're grateful to have made.
- **Self-Care Journaling:** Ways to make your home cozier.
- **One-Word Journaling:** Color.

## THE DAY'S PRIORITIES

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