

# 10th March Daily Planner



Ordinary & Happy

## IDEAS FOR A POSITIVE DAY

- **Wake-Up Song:** "Happy Working Song" Amy Adams
- **Fill-in-the-Blank Positive Thought:** One way I can make the most of the lighter nights is...
- **Spring Mood Song:** "All I Have to Do Is Dream" The Everly Brothers

There are many simple things you can do today to make tomorrow easier.

### BREAKFAST

Fresh Fruit

### LUNCH

Chicken Mozzarella  
Panini

### DINNER

Fish with Lemon Butter  
Sauce

## SIMPLE DECLUTTERING IDEA

Remove clothes that are worn-out or don't fit and pick what to donate or toss.

## WHAT YOU COULD DO TODAY

- **March Bucket List:** Have a cup of coffee outside.
- **Self-Care Idea:** Try a lavender latte or another seasonal beverage.
- **Romantic Idea:** Surprise them with a movie night and snacks at home.
- **Trying Something New:** Rearrange your desk.
- **Photo Idea:** Sun rays through trees.
- **Doodling Idea:** Something in your home that brings you joy.
- **Watercoloring Idea:** Rainbow over hills.

## WHAT TO JOURNAL ABOUT

- **Morning Journaling:** Something positive you're going to organize this spring.
- **Evening Journaling:** A conversation you had to show courage to have.
- **Gratitude Journaling:** An opportunity this year you're grateful for presenting itself to you.
- **Self-Care Journaling:** One kind thing to do for yourself this week.
- **One-Word Journaling:** Friendship.

## THREE PRIORITIES FOR THE DAY

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