

11th March Planner & Ideas



Ordinary & Happy

POSITIVITY IDEAS

- **Wake-Up Song:** "When We're Human" Bruno Campos & Michael-Leon Wooley
- **Fill-in-the-Blank Positive Thought:** When I step outside and take in a big breath of fresh air, I...
- **Spring Mood Song:** "Daydream" The Lovin' Spoonful

Plant something today; a flower, an intention, or an idea.

BREAKFAST

Breakfast Wrap

LUNCH

Pesto Pasta

DINNER

Frittata with Side Salad

ACTIVITIES & THINGS TO DO

- **March Bucket List:** Work on a spring craft project.
- **Self-Care Idea:** Find a new inspirational quote.
- **Romantic Idea:** Ask them about their day and really listen.
- **Trying Something New:** Go for a solo lunch somewhere new.
- **Photo Idea:** An interesting street sign.
- **Doodling Idea:** Kite above a field.
- **Watercoloring Idea:** Spring bulbs.

WHAT TO DECLUTTER

Toss broken hangers and ideally, change to all of the same hangers.

JOURNALING SUGGESTIONS

- **Morning Journaling:** Places you want to visit this spring.
- **Evening Journaling:** Something that has gone better than expected this year so far.
- **Gratitude Journaling:** Plants and wildlife that return to your garden, balcony, or surrounding area every spring.
- **Self-Care Journaling:** People who make you feel supported.
- **One-Word Journaling:** Birds.

THREE PRIORITIES FOR THE DAY

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