

13th March Daily Planner



Ordinary & Happy

FEEL-GOOD SUGGESTIONS

- **Wake-Up Song:** "Dancing Queen" ABBA
- **Fill-in-the-Blank Positive Thought:** I trust myself to...
- **Spring Mood Song:** "Don't You Worry 'Bout a Thing" Stevie Wonder

All the small efforts you make every day add up.

BREAKFAST

Cereal with Milk

LUNCH

Avocado Stuffed with
Chicken Salad

DINNER

Fish and Chips with
Homemade Tartar

DAILY DECLUTTERING IDEA

Organize the shoes and toss broken ones.

ACTIVITIES & THINGS TO DO

- **March Bucket List:** Have a mini spa night at home.
- **Self-Care Idea:** Have a bubble bath with spring scents (e.g., peony, lily, lemon).
- **Romantic Idea:** Surprise them with a candlelit dinner at home.
- **Trying Something New:** Learn one new word from another language.
- **Photo Idea:** A cute bench.
- **Doodling Idea:** Magnolias.
- **Watercoloring Idea:** Yellow raincoat.

ALL-DAY JOURNALING

- **Morning Journaling:** Small wins today that can make next week easier.
- **Evening Journaling:** Something positive you feel you have an abundance of in your life.
- **Gratitude Journaling:** Something that's just for you, no one else, that you're grateful for.
- **Self-Care Journaling:** Ways to recharge over the weekend.
- **One-Word Journaling:** Butterflies.

THREE PRIORITIES FOR THE DAY

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