

# 14th March Full-Day Planner



Ordinary & Happy

## FEEL - GOOD IDEAS

- **Wake-Up Song:** "Don't Bring Me Down" Electric Light Orchestra
- **Fill-in-the-Blank Positive Thought:** So far, this year has surprised me because...
- **Spring Mood Song:** "Sunny" Bobby Hebb

Nurture your curious side when you can. You never know what adventure it could take you on.

### BREAKFAST

Eggs Baked in Tomato Sauce

### LUNCH

Hot Dog (with Mashed Avocado)

### DINNER

Mushroom Soup

## ACTIVITIES & THINGS TO DO

- **March Bucket List:** Meet up with friends for an outdoor brunch.
- **Self-Care Idea:** Try a new hairstyle or a fun accessory.
- **Romantic Idea:** Bake them their favorite cookies.
- **Trying Something New:** Visit a local park or outdoor space you haven't been to before.
- **Photo Idea:** Golden hour in a park or a beautiful spot outdoors.
- **Doodling Idea:** Something colorful.
- **Watercoloring Idea:** Calm lake.

## DAILY DECLUTTERING IDEA

Set a 30-min timer and tidy any remaining items in the closet.

## JOURNALING FOR THE DAY

- **Morning Journaling:** Ways you make the second half of the month matter.
- **Evening Journaling:** A time you didn't take yourself too seriously and felt lighter for it.
- **Gratitude Journaling:** Something you started in January you're grateful to yourself for sticking with.
- **Self-Care Journaling:** Feel-good movies you love.
- **One-Word Journaling:** Kindness.

## MY TOP PRIORITIES FOR THE DAY

- |            |            |            |
|------------|------------|------------|
| • 1. _____ | • 2. _____ | • 3. _____ |
|------------|------------|------------|