

# 15th March Full-Day Planner



Ordinary & Happy

## FEEL-GOOD IDEAS

- **Wake-Up Song:** "I'm on My Way" The Proclaimers
- **Fill-in-the-Blank Positive Thought:** Something that brings me joy when I look at it is...
- **Spring Mood Song:** "Easy" Commodores

Every decision you make is important. Pause and choose with intention.

### BREAKFAST

Frittata

### LUNCH

White Bean Soup

### DINNER

Chicken Kyiv

## ACTIVITIES & THINGS TO DO

- **March Bucket List:** Go to a farmers' market for seasonal produce.
- **Self-Care Idea:** Pick up a couple treats from the farmers' market.
- **Romantic Idea:** Play a fun board game together.
- **Trying Something New:** Go to a new farmers' market or street food market.
- **Photo Idea:** Farmers' market produce.
- **Doodling Idea:** Galaxy.
- **Watercoloring Idea:** Gold coin.

## DAILY DECLUTTERING

Toss any expired skincare, makeup, and other products.

## ALL-DAY JOURNALING

- **Morning Journaling:** Areas or spaces in your home that bring you joy.
- **Evening Journaling:** What has quietly brought you joy this month.
- **Gratitude Journaling:** Signs of growth and bloom in nature you've noticed.
- **Self-Care Journaling:** Fun experiences you've had this month.
- **One-Word Journaling:** Rainbows.

## THREE PRIORITIES FOR THE DAY

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