

16th March Daily Planner



Ordinary & Happy

POSITIVE & INSPIRING IDEAS

- **Wake-Up Song:** "Whatever It Takes" Imagine Dragons
- **Fill-in-the-Blank Positive Thought:** Right now is the perfect time to...
- **Spring Mood Song:** "Everywhere" Fleetwood Mac

Not every door of opportunity will open. But you have to knock to find out.

BREAKFAST

Muesli with Milk

LUNCH

Halloumi Avocado Wrap

DINNER

Salmon Quinoa Bowl

ACTIVITIES YOU COULD DO

- **March Bucket List:** Put on your favorite feel-good playlist for spring.
- **Self-Care Idea:** Watch a funny video to make you laugh.
- **Romantic Idea:** Have a chocolate tasting at home.
- **Trying Something New:** Get a different pasta shape you haven't tried before.
- **Photo Idea:** View from a window.
- **Doodling Idea:** Violin.
- **Watercoloring Idea:** Everyday object casting a long shadow.

DECLUTTERING IDEA

Consolidate duplicates in the bathroom.

JOURNALING FOR THE DAY

- **Morning Journaling:** What an 'inspiring home' would look like for you.
- **Evening Journaling:** Signs of spring you've noticed around you.
- **Gratitude Journaling:** Responsibilities you're grateful for.
- **Self-Care Journaling:** Things you could simplify about your day.
- **One-Word Journaling:** Breeze.

THREE THINGS TO ACHIEVE TODAY

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