

17th March Full-Day Planner



Ordinary & Happy

IDEAS FOR A POSITIVE DAY

- **Wake-Up Song:** "I Like to Move It" will.i.am
- **Fill-in-the-Blank Positive Thought:** An annual tradition I love to celebrate is...
- **Spring Mood Song:** "Top of the World" Carpenters

Treasure those fleeting, everyday moments that come and go. That's where the gold is.

BREAKFAST

Scrambled Eggs,
Spinach, Feta Wrap

LUNCH

Caprese Avocado Toast

DINNER

Chicken and Veggies
Rice Bowl

DAILY DECLUTTERING IDEA

Organize the bathroom storage area.

ACTIVITIES & IDEAS FOR THE DAY

- **March Bucket List:** Create a cozy space for yourself outdoors or by a window.
- **Self-Care Idea:** Enjoy a longer lunch break.
- **Romantic Idea:** Write them a short love note.
- **Trying Something New:** Learn an architecture term.
- **Photo Idea:** An interesting architectural detail.
- **Doodling Idea:** Shamrock.
- **Watercoloring Idea:** Four-leaf clover.

WHAT TO JOURNAL ABOUT

- **Morning Journaling:** Simple ways to make your home feel peaceful.
- **Evening Journaling:** A tradition or occurrence that makes you feel a part of a larger community.
- **Gratitude Journaling:** Celebrations your family has that bring you together every year.
- **Self-Care Journaling:** A list of things you want to enjoy this spring.
- **One-Word Journaling:** Meadows.

MY TOP PRIORITIES FOR THE DAY

• 1. _____ _____	• 2. _____ _____	• 3. _____ _____
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