

18th March Daily Planner



Ordinary & Happy

FEEL-GOOD & POSITIVE DAY IDEAS

- **Wake-Up Song:** "Good Life" Jon Batiste
- **Fill-in-the-Blank Positive Thought:** Something that grounds me is...
- **Spring Mood Song:** "What the World Needs Now Is Love" Jackie DeShannon

Create a little space in your home today just for you.

BREAKFAST

Mango Coconut Chia
Pudding

LUNCH

Cobb Salad

DINNER

Mushroom Ricotta
Tortilla Wrap

DAILY DECLUTTERING IDEA

Tidy the shower products area (e.g., basket, caddy, shelf).

ACTIVITIES & THINGS TO DO

- **March Bucket List:** Take some sunset photos.
- **Self-Care Idea:** Go for a scenic sunset walk.
- **Romantic Idea:** Start a spring & summer memory jar to collect mementos.
- **Trying Something New:** Watch the sunset from a new viewpoint.
- **Photo Idea:** Golden hour between buildings.
- **Doodling Idea:** A colorful butterfly.
- **Watercoloring Idea:** Patterned umbrella.

JOURNALING FOR THE DAY

- **Morning Journaling:** Simple ways to bring more color into your home.
- **Evening Journaling:** An area of life you've found a little more balance in this year.
- **Gratitude Journaling:** What you're grateful for in the room you're in right now.
- **Self-Care Journaling:** Things currently inspiring you.
- **One-Word Journaling:** Wildflowers.

THREE PRIORITIES FOR THE DAY

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