

# 19th March Ideas & Planner



Ordinary & Happy

## FEEL-GOOD SUGGESTIONS

- **Wake-Up Song:** "Tubthumping" Chumbawamba
- **Fill-in-the-Blank Positive Thought:** When I look in the mirror, I'm proud of...
- **Spring Mood Song:** "Sunshine on My Shoulders" John Denver

A little laughter may be the reset button you need.

### BREAKFAST

Strawberry Oatmeal

### LUNCH

Chicken Salad Sandwich

### DINNER

Roasted Broccoli Pesto Pasta

## THINGS TO DO & ACTIVITIES

- **March Bucket List:** Try a new spring recipe.
- **Self-Care Idea:** Have a no-screen evening.
- **Romantic Idea:** Do a chore they dislike.
- **Trying Something New:** Try a new coffee syrup flavor or tea.
- **Photo Idea:** A shadow.
- **Doodling Idea:** Something or someone that makes you laugh.
- **Watercoloring Idea:** Bee on a flower.

## DAILY DECLUTTERING

Organize towels and replace old ones.

## JOURNALING FOR THE DAY

- **Morning Journaling:** Ways to make your home more comfortable for your hobbies.
- **Evening Journaling:** Something you're grateful for that you're leaving behind in winter.
- **Gratitude Journaling:** A time someone was honest with you that you're grateful for, even if it wasn't easy.
- **Self-Care Journaling:** Skills you want to work on this season.
- **One-Word Journaling:** Picnic.

## THREE THINGS TO PRIORITIZE TODAY

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