

20th March Daily Planner



Ordinary & Happy

POSITIVITY & INSPIRATION

- **Wake-Up Song:** "The Middle" Jimmy Eat World
- **Fill-in-the-Blank Positive Thought:** I trust that I am becoming...
- **Spring Mood Song:** "Only You (And You Alone)" The Platters

This spring, notice the beauty and the joy around you.

BREAKFAST

Fresh Fig Yogurt Parfait

LUNCH

Potato Pie

DINNER

Steak and Roasted Vegetables or Salad

DAILY DECLUTTERING IDEA

Organize the bathroom cleaning products.

JOURNALING FOR THE DAY

- **Morning Journaling:** Routines that could help keep the house tidy and cozy.
- **Evening Journaling:** A part of you that feels refreshed now that spring is here.
- **Gratitude Journaling:** Things that make you genuinely happy.
- **Self-Care Journaling:** Ways you can be kinder to yourself.
- **One-Word Journaling:** Sunshine.

ACTIVITIES & THINGS TO DO

- **March Bucket List:** Go for a walk with a friend.
- **Self-Care Idea:** Stand in the sunlight for a few minutes.
- **Romantic Idea:** Go for dinner at their favorite restaurant or cook their favorite meal.
- **Trying Something New:** Watch a new movie.
- **Photo Idea:** Something that symbolizes spring to you.
- **Doodling Idea:** Bee on a flower.
- **Watercoloring Idea:** Something that makes you happy.

MY TOP PRIORITIES FOR THE DAY

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