



# 21st March Daily Planner

Ordinary & Happy

## FEEL-GOOD SUGGESTIONS

- **Wake-Up Song:** "Good to Be Alive" Meghan Trainor
- **Fill-in-the-Blank Positive Thought:** When I look at a flower in bloom, I'm reminded that...
- **Spring Mood Song:** "La Vie en rose" Édith Piaf

Not everything has to lead to an end goal. When you can, make time for something just because you love it.

### BREAKFAST

Blueberry Pancakes

### LUNCH

Chicken Tortilla Soup

### DINNER

Grilled Shrimp Avocado Salad

## DAILY DECLUTTERING

Clear the counters and return only items you use daily.

## ACTIVITIES & THINGS TO DO

- **March Bucket List:** Bake a spring dessert.
- **Self-Care Idea:** Wear only comfy clothes all day.
- **Romantic Idea:** Go for brunch or cook brunch together at home.
- **Trying Something New:** Rearrange your living room.
- **Photo Idea:** Something that makes you happy.
- **Doodling Idea:** Sun hugging Earth.
- **Watercoloring Idea:** Flower crown.

## ALL-DAY JOURNALING

- **Morning Journaling:** What your favorite evening at home looks like.
- **Evening Journaling:** A compliment that meant a lot to you and why.
- **Gratitude Journaling:** What you're grateful for this spring.
- **Self-Care Journaling:** Hobbies you love and why.
- **One-Word Journaling:** Daffodils.

## MY TOP PRIORITIES FOR THE DAY

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