



Ordinary & Happy

IDEAS FOR A POSITIVE DAY

- **Wake-Up Song:** "I Ain't Worried" OneRepublic
- **Fill-in-the-Blank Positive Thought:** Spring inspires me to...
- **Spring Mood Song:** "Spring Song" Mendelssohn

Take a moment to appreciate the everyday essentials you have access to.

BREAKFAST

Smoked Salmon Omelet

LUNCH

Creamy Chicken
Avocado Wrap

DINNER

Lemon Sea Bass with
Veggies

DAILY DECLUTTERING IDEA

Toss any expired pantry items.

ACTIVITIES & THINGS TO DO

- **March Bucket List:** Have a picnic outdoors.
- **Self-Care Idea:** Read a book you love.
- **Romantic Idea:** Do a fun outdoor activity together.
- **Trying Something New:** Try a new hobby class (e.g., pottery, rose pruning, mosaic).
- **Photo Idea:** Picnic blanket and food.
- **Doodling Idea:** Tranquil lake.
- **Watercoloring Idea:** Sea turtle.

JOURNALING FOR THE DAY

- **Morning Journaling:** Ways you can care for the environment in your local area.
- **Evening Journaling:** An area of life you've become more adaptable in.
- **Gratitude Journaling:** For World Water Day, identify everyday essentials you're grateful to have access to.
- **Self-Care Journaling:** Outdoor activities you could do more often.
- **One-Word Journaling:** Balance.

MY TOP PRIORITIES FOR THE DAY

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