



# March 23rd

# Ideas & Planner

Ordinary & Happy

## FEEL-GOOD IDEAS

- **Wake-Up Song:** "Upside Down" Jack Johnson
- **Fill-in-the-Blank Positive Thought:** Something great that happened last week was...
- **Spring Mood Song:** "Everybody Loves the Sunshine" Roy Ayers Ubiquity

Change is a constant in life, so embrace it as best as you can.

### BREAKFAST

Fresh Fruit

### LUNCH

Ham and Cheese Panini

### DINNER

Chicken Milanese with Side Salad

## ACTIVITIES & THINGS TO DO

- **March Bucket List:** Take a spring-themed photo.
- **Self-Care Idea:** Write down three things you're excited for this week.
- **Romantic Idea:** Have a pajama movie night at home.
- **Trying Something New:** Try to solve a Rubik's Cube.
- **Photo Idea:** A meaningful place.
- **Doodling Idea:** Dew drops on a leaf.
- **Watercoloring Idea:** Puppy.

## DAILY DECLUTTERING IDEA

Set a 20-min timer and organize the pantry as best as you can.

## JOURNALING FOR THE DAY

- **Morning Journaling:** One simple way you can make today purposeful.
- **Evening Journaling:** Something that has been unexpectedly joyful so far this year.
- **Gratitude Journaling:** A past fresh start you're grateful for.
- **Self-Care Journaling:** Things that could make your mornings brighter.
- **One-Word Journaling:** Welcome.

## TOP PRIORITIES FOR THE DAY

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