



Full-Day Planner for

March 24th

Ordinary & Happy

POSITIVE DAY SUGGESTIONS

- **Wake-Up Song:** "Better When I'm Dancin'" Meghan Trainor
- **Fill-in-the-Blank Positive Thought:** A part of me that is waiting to bloom is...
- **Spring Mood Song:** "I Was Made for Sunny Days" The Weepies

Not everything needs a big change or overhaul. Small resets can make a big difference, too.

BREAKFAST

Apple and Cheese

LUNCH

Hummus Sandwich

DINNER

Chicken Burrito Bowls

THINGS TO DO TODAY

- **March Bucket List:** Do one thing that makes you happy today.
- **Self-Care Idea:** Get yourself a single flower (but pick one you love).
- **Romantic Idea:** Send them a 'thinking of you' text during the day.
- **Trying Something New:** Try a bread type you haven't had before (e.g., soda bread).
- **Photo Idea:** Something that motivates you.
- **Doodling Idea:** Lightbulbs.
- **Watercoloring Idea:** Garden bench.

DAILY DECLUTTERING

Tidy and organize the fridge, tossing expired items.

JOURNALING FOR THE DAY

- **Morning Journaling:** Something you keep saying 'I'll do when...' that you can do today.
- **Evening Journaling:** A change in perspective you've experienced this year.
- **Gratitude Journaling:** A conversation you're grateful that happened.
- **Self-Care Journaling:** Simple things you enjoy (e.g., a cup of tea, a scented candle).
- **One-Word Journaling:** Garden.

THREE PRIORITIES FOR THE DAY

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