



Daily Planner for

March 25th

Ordinary & Happy

POSITIVITY IDEAS

- **Wake-Up Song:** "Happy" Pharrell Williams
- **Fill-in-the-Blank Positive Thought:** I thank myself for continuing to...
- **Spring Mood Song:** "Sunshine" OneRepublic

Stay consistent. This year's progress may not be visible, but it matters.

BREAKFAST

Scrambled Eggs
and Toast

LUNCH

Smoked Salmon Salad

DINNER

Sliders with Sweet
Potato Fries

ACTIVITIES & THINGS TO DO

- **March Bucket List:** Wear something pastel.
- **Self-Care Idea:** Catch up on your favorite TV shows.
- **Romantic Idea:** Watch the sunset and reminisce.
- **Trying Something New:** Take a photo of something new and interesting you see today.
- **Photo Idea:** A self-portrait.
- **Doodling Idea:** Reflection in a puddle.
- **Watercoloring Idea:** Ribbon.

DAILY DECLUTTERING IDEA

Sort through your spice containers and toss any stale ones.

JOURNALING FOR THE DAY

- **Morning Journaling:** Positive things you can say to yourself when things aren't going as planned.
- **Evening Journaling:** A time you stood by one of your values this year, even if it was tough.
- **Gratitude Journaling:** Nearby fields or public gardens where you can see flowers in bloom.
- **Self-Care Journaling:** Small gifts you could get yourself.
- **One-Word Journaling:** Excitement.

PRIORITIES FOR THE DAY

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