



# Full-Day Planner for

# March 26th

Ordinary & Happy

## IDEAS FOR A POSITIVE DAY

- **Wake-Up Song:** "I'm Still Standing" Elton John
- **Fill-in-the-Blank Positive Thought:** I feel relaxed when I'm...
- **Spring Mood Song:** "Bubbly" Colbie Caillat

Have some time away from your screens. Fix, build, or craft, and enjoy the process of it.

### BREAKFAST

Pineapple Melon Smoothie

### LUNCH

Italian Deli Panini

### DINNER

Salmon and Veggies

## DAILY DECLUTTERING IDEA

Organize your food containers (toss/recycle stained containers or ones with missing lids).

## WHAT TO DO TODAY

- **March Bucket List:** Reconnect with a friend.
- **Self-Care Idea:** Try a new face mask or other skincare product.
- **Romantic Idea:** Give them a long hug when they come home.
- **Trying Something New:** Get a new puzzle to work on.
- **Photo Idea:** Something red.
- **Doodling Idea:** Something that makes you smile.
- **Watercoloring Idea:** Birds in the sky.

## JOURNALING FOR THE DAY

- **Morning Journaling:** Relaxing 5-10 minute habits you could add to your nighttime routine.
- **Evening Journaling:** A challenge you've overcome this month and how.
- **Gratitude Journaling:** Scenic views in your local area that you're grateful for.
- **Self-Care Journaling:** Places you love where you could go more often.
- **One-Word Journaling:** Happiness.

## MY TOP PRIORITIES FOR THE DAY

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