



Ideas & Planner for

March 27th

Ordinary & Happy

FEEL-GOOD SUGGESTIONS

- **Wake-Up Song:** "Unwritten" Natasha Bedingfield
- **Fill-in-the-Blank Positive Thought:** This month I've been encouraged by...
- **Spring Mood Song:** "Always Spring" I'm From Barcelona

Every effort you make deserves recognition.

BREAKFAST

Cottage Cheese and Fruit Bowl

LUNCH

Pesto Chicken Bagel Sandwich

DINNER

Lemon Shrimp Bowls

ACTIVITIES & THINGS TO DO

- **March Bucket List:** Make homemade lemonade.
- **Self-Care Idea:** Have a movie night at home or at the movie theater.
- **Romantic Idea:** Have a date night out in the city.
- **Trying Something New:** Try a new flavor of chocolate.
- **Photo Idea:** A handwritten quote.
- **Doodling Idea:** Garden gloves.
- **Watercoloring Idea:** Quirky mirror or photo frame.

DECLUTTERING IDEA

Organize your utensils (recycle/donate ones you don't use).

WHAT TO JOURNAL ABOUT

- **Morning Journaling:** Things you could wake up to in the morning to inspire you.
- **Evening Journaling:** A simple change that has been unexpectedly positive.
- **Gratitude Journaling:** Opportunities that seasonal change brings you.
- **Self-Care Journaling:** A small win you had this week.
- **One-Word Journaling:** Uplifting.

MY TOP PRIORITIES FOR THE DAY

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