



Daily Planner for

March 28th

Ordinary & Happy

FEEL - GOOD IDEAS

- **Wake-Up Song:** "You Make Me Feel Like Dancing" Leo Sayer
- **Fill-in-the-Blank Positive Thought:** When I feel the warmth of sunshine on my skin, I...
- **Spring Mood Song:** "Blue Sky" The Allman Brothers Band

If everything feels like a lot, take back control with small, intentional actions.

BREAKFAST

Breakfast Tacos

LUNCH

Tomato Soup

DINNER

Chicken Skewers with Side Salad

ACTIVITIES & THINGS TO DO TODAY

- **March Bucket List:** Host friends for book club or game night.
- **Self-Care Idea:** Take a quick nap.
- **Romantic Idea:** Surprise them with breakfast in bed.
- **Trying Something New:** Rearrange your bedroom.
- **Photo Idea:** Journaling pages.
- **Doodling Idea:** Flowers in bloom.
- **Watercoloring Idea:** Cotton candy.

DAILY DECLUTTERING IDEA

Clear the kitchen counters and return only items you use daily/very frequently.

JOURNALING FOR THE DAY

- **Morning Journaling:** Words you associate with 'happiness'.
- **Evening Journaling:** Areas around you that have come to life during this seasonal change.
- **Gratitude Journaling:** Favorite memories from past spring seasons.
- **Self-Care Journaling:** Things you want to appreciate more.
- **One-Word Journaling:** Magic.

MY TOP PRIORITIES FOR THE DAY

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