



Planner & Ideas

for March 29th

Ordinary & Happy

POSITIVE DAY IDEAS

- **Wake-Up Song:** "Dog Days Are Over" Florence + The Machine
- **Fill-in-the-Blank Positive Thought:** A memory from this month that makes me smile is...
- **Spring Mood Song:** "Where the Green Grass Grows" Tim McGraw

Be inspired by the flowers in bloom and the resilience they showed through winter.

BREAKFAST

Citrus Yogurt Parfait

LUNCH

Pepper & Egg Sandwich

DINNER

Steak Rice Bowl

ACTIVITIES & THINGS TO DO

- **March Bucket List:** Go on a day trip somewhere fun.
- **Self-Care Idea:** Take some fun photos to look back on and smile.
- **Romantic Idea:** Surprise them with a fun road trip.
- **Trying Something New:** Try a new ice cream flavor.
- **Photo Idea:** Ice cream shop window.
- **Doodling Idea:** Picnic blanket and basket in a unique place.
- **Watercoloring Idea:** Watering can.

DAILY DECLUTTERING IDEA

Catch up on any previous tasks.

ALL DAY JOURNALING

- **Morning Journaling:** Beautiful things you'll proactively try to notice more.
- **Evening Journaling:** What about spring has made you more hopeful.
- **Gratitude Journaling:** Opportunities in your area for outdoor activities.
- **Self-Care Journaling:** What you want to say 'yes' to more this season.
- **One-Word Journaling:** Peaceful.

WHAT TO PRIORITIZE TODAY

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