



# Daily Planner for

# March 30th

Ordinary & Happy

## FEEL-GOOD IDEAS

- **Wake-Up Song:** "Brighter Day" Michael Franti & Spearhead
- **Fill-in-the-Blank Positive Thought:** This month, I've made progress in...
- **Spring Mood Song:** "Wildflowers" Tom Petty

You'll never fully comprehend the difference you're making. Keep going.

### BREAKFAST

Fried Egg on Avocado  
Toast

### LUNCH

Panzanella Salad

### DINNER

Cured Chorizo Pasta

## DAILY DECLUTTERING

Set a 30-min timer, and focus on any remaining areas of concern.

## WHAT TO DO TODAY

- **March Bucket List:** Send a spring-themed postcard to a friend.
- **Self-Care Idea:** Visualize your happy place.
- **Romantic Idea:** Cuddle on the couch while watching TV.
- **Trying Something New:** Start reading a new book.
- **Photo Idea:** A busy street.
- **Doodling Idea:** A basket with vegetables and fruit.
- **Watercoloring Idea:** Budding tree branch.

## JOURNALING FOR THE DAY

- **Morning Journaling:** Ways to make the most of the lighter nights.
- **Evening Journaling:** Recount everyday memories from the month without overthinking it.
- **Gratitude Journaling:** What the inevitability of change encourages you to be grateful for.
- **Self-Care Journaling:** Ten things around you that you love.
- **One-Word Journaling:** Vibrant.

## MY TOP PRIORITIES FOR THE DAY

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| • 1. _____ ■<br>_____ | • 2. _____ ■<br>_____ | • 3. _____ ■<br>_____ |
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