



Daily Planner for March 31st

Ordinary & Happy

POSITIVITY IDEAS

- **Wake-Up Song:** "Don't Worry, Be Happy" Bobby McFerrin
- **Fill-in-the-Blank Positive Thought:** An adventure I want to go on next month is...
- **Spring Mood Song:** "Sunrise" Norah Jones

Carry forward the lessons that shaped and strengthened you into April.

BREAKFAST

Mixed Berry Smoothie

LUNCH

Beet Salad with Feta, Avocado, and Artichokes

DINNER

Chicken Tacos with Avocado Crema

THINGS TO DO TODAY

- **March Bucket List:** Print your March photos or make a slideshow with them.
- **Self-Care Idea:** Reflect on the month and things you loved about it.
- **Romantic Idea:** Make plans for the summer together.
- **Trying Something New:** Try a new morning routine.
- **Photo Idea:** Something that makes you hopeful.
- **Doodling Idea:** Melted crayons.
- **Watercoloring Idea:** A memento from March.

DAILY DECLUTTERING IDEA

Drop off any donations.

JOURNALING IDEAS

- **Morning Journaling:** Routines and successes from the month you can take into April.
- **Evening Journaling:** What has been different about this year so far in a positive way.
- **Gratitude Journaling:** What has inspired you this month.
- **Self-Care Journaling:** Something you look forward to in April.
- **One-Word Journaling:** Motivation.

MY TOP PRIORITIES FOR THE DAY

- 1. _____ ■
- 2. _____ ■
- 3. _____ ■