

3rd April Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

FEEL - GOOD IDEAS

Even when there's rain, keep looking for the rainbow.

- **Wake-Up Song:** "Lovely Day" Bill Withers
- **Positive Thought:** A simple thing that brought me joy today is...
- **Positive Change Idea:** Assemble a care package to use on tiring days.

FOOD IDEAS

- **Breakfast:** Green Smoothie
- **Lunch:** Smoked Salmon Avocado Wrap
- **Dinner:** Panko Chicken Burger (with fries or a side salad)

DECLUTTERING IDEA

Set a 15-min timer and return as many items as you can to where they belong.

DECLUTTERING COMPLETED

WHAT TO DO TODAY

- **April Bucket List:** Make your own 'spring mood' playlist.
- **Self-Care Idea:** Take a bubble bath after work.
- **Romantic Idea:** Plan a date night out in the city.
- **Simple Fun:** Have a movie night with homemade popcorn.
- **Kindness Idea:** Send a kind message to a friend.
- **Photo Idea:** Recreate an old favorite family photo.
- **Doodling Idea:** Rainbow through a window.x
- **Watercoloring Idea:** Splash.

DEEP TALK

A moment in time you'd want to relive and why.

JOURNALING IDEAS

- **Morning Journaling:** A place in nature that inspires you to make the most of the present.
- **Evening Journaling:** Things that went well.
- **Gratitude Journaling:** Any things you have that the majority of people don't.
- **One-Word Journaling:** Open.