



Daily Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

FEEL - GOOD IDEAS

Love the nature and colors around you. Use them to inspire you.

- **Wake-Up Song:** "Don't Worry Be Happy" Bobby McFerrin
- **Positive Thought:** I'd love to take a walk through...
- **Positive Change Idea:** Get an indoor plant for the house.

MEAL IDEAS

- **Breakfast:** Omelet with Smoked Salmon
- **Lunch:** Cranberry Pecan Salad
- **Dinner:** Salmon with Pesto Orzo and Mushrooms

DECLUTTERING IDEA

Set a 30-min timer and declutter any visible surfaces (e.g., kitchen countertops, coffee table).

DECLUTTERING COMPLETED

DEEP TALK

What people sitting where you are, right now, were doing 200 years ago.

ACTIVITIES & THINGS TO DO

- **April Bucket List:** Decorate the house for spring & Easter and decorate Easter eggs.
- **Self-Care Idea:** Enjoy a relaxing Easter activity like painting eggs.
- **Romantic Idea:** Surprise them with a nice brunch.
- **Simple Fun:** Cook some new dishes for Easter weekend.
- **Kindness Idea:** Message loved ones you're not celebrating Easter with in person.
- **Photo Idea:** At a farmers' market.
- **Doodling Idea:** Treasure map of your neighborhood.
- **Watercoloring Idea:** Orange juice.

JOURNALING IDEAS

- **Morning Journaling:** Nearby places you want to visit after not being able to do so through the winter.
- **Evening Journaling:** Things you want to do better tomorrow.
- **Gratitude Journaling:** The best thing that's ever happened to you.
- **One-Word Journaling:** Airy.