

APR

5TH

Daily Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

POSITIVITY IDEAS

Whatever Easter means to you, celebrate it with loved ones.

- **Wake-Up Song:** "Here Comes the Sun" The Beatles
- **Positive Thought:** An Easter tradition I'm grateful for is...
- **Positive Change Idea:** Create a happy playlist.

DECLUTTERING IDEA

Declutter the entryway
(great if hosting for Easter).

 DECLUTTERING COMPLETED

MEAL IDEAS

- **Breakfast:** Potato and Feta Frittata
- **Lunch:** Club Sandwich
- **Dinner:** Honey-Glazed Ham

DEEP CHAT

Family Easter traditions.

ACTIVITIES & THINGS TO DO

- **April Bucket List:** Make a spring-themed mocktail.
- **Self-Care Idea:** Host or visit family or friends for Easter.
- **Romantic Idea:** Ask them if they need help with anything.
- **Simple Fun:** Meet up with family for Easter.
- **Kindness Idea:** Host an Easter potluck (or bring food to one).
- **Photo Idea:** Easter photo with family and/or friends.
- **Doodling Idea:** Smiling sun waking up the world.
- **Watercoloring Idea:** Ladybug.

WHAT TO JOURNAL ABOUT

- **Morning Journaling:** What's important to you on Easter weekend.
- **Evening Journaling:** Something that made you smile today or this week.
- **Gratitude Journaling:** Your greatest achievement.
- **One-Word Journaling:** Prosperous.