

Ideas & Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

ALL-DAY POSITIVITY

Be the person who reaches out. They may just need to hear from you today.

- **Wake-Up Song:** "Sunny" Bobby Hebb
- **Positive Thought:** I'll make the most of longer evenings by...
- **Positive Change Idea:** Have a no-screen evening.

FOOD OPTIONS

- **Breakfast:** Muesli and Greek Yogurt
- **Lunch:** Egg Salad Sandwich
- **Dinner:** Creamy Chicken Orzo

DECLUTTERING IDEA

Find one piece of clothing that doesn't fit or that you no longer want and donate it.

DECLUTTERING COMPLETED

DEEP TALK

What it means to love unconditionally.

IDEAS FOR THE DAY

- **April Bucket List:** Go for a scenic walk with a cup of coffee or tea.
- **Self-Care Idea:** Get yourself a bouquet of flowers.
- **Romantic Idea:** Surprise them with dinner when they get home.
- **Simple Fun:** Try a new dinner recipe.
- **Kindness Idea:** Ask friends and family if they need help with anything.
- **Photo Idea:** Family hug.
- **Doodling Idea:** Basket of Easter eggs.
- **Watercoloring Idea:** Birds in the sky.

JOURNALING IDEAS

- **Morning Journaling:** Simple messages of encouragement you could send to a loved one.
- **Evening Journaling:** Things you are grateful for today.
- **Gratitude Journaling:** Your biggest supporters in life.
- **One-Word Journaling:** Bold.