

APR

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# Planner & Ideas

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Ordinary & *Happy*

## INSPIRATION & POSITIVITY IDEAS

No matter how busy life is, find a little time to be kind to yourself.

- **Wake-Up Song:** "That's Life" Frank Sinatra
- **Positive Thought:** When I sit in the garden and look at the flowers, I feel...
- **Positive Change Idea:** Check in with a loved one.

## FOOD IDEAS

- **Breakfast:** Coffee Banana Smoothie
- **Lunch:** Smoked Salmon Burrata Sandwich
- **Dinner:** Beef Burritos

## DECLUTTERING IDEA

Find one pair of shoes that no longer fits and donate it.

DECLUTTERING COMPLETED

## DEEP TALK

A job that requires such skill and dedication that you can't believe people do it.

## ACTIVITIES FOR THE DAY

- **April Bucket List:** Try a fun workout class at the gym.
- **Self-Care Idea:** Have a no-screen evening.
- **Romantic Idea:** Tell them the reasons you love them.
- **Simple Fun:** Listen to the week's new music releases.
- **Kindness Idea:** Write an uplifting comment on a friend's post.
- **Photo Idea:** Wearing all different colors.
- **Doodling Idea:** Coffee cake.
- **Watercoloring Idea:** Coffee-stained mug.

## JOURNALING IDEAS

- **Morning Journaling:** Simple things you can do for more daily movement.
- **Evening Journaling:** One thing you can do for yourself tomorrow.
- **Gratitude Journaling:** Your best friends.
- **One-Word Journaling:** Ready.