

8th April Planner

1.

2.

3.

..... Ordinary & *Happy*

FEEL-GOOD IDEAS

It takes courage to embrace the unknown.

- **Wake-Up Song:** "Three Little Birds" Bob Marley
- **Positive Thought:** A fresh start can be...
- **Positive Change Idea:** Switch in warmer light bulbs in the living room.

DECLUTTERING IDEA

Find one pair of shoes that is worn out to toss.

DECLUTTERING COMPLETED

MEAL IDEAS

- **Breakfast:** Fresh Fruit
- **Lunch:** Cranberry Chicken Salad Sandwich
- **Dinner:** Pancetta & Marinated Artichokes Pasta

DEEP TALK

A stranger who left a lasting impression on you.

ACTIVITIES & THINGS TO DO

- **April Bucket List:** Take photos in a field of wildflowers.
- **Self-Care Idea:** Organize your workspace.
- **Romantic Idea:** Watch the sunset together.
- **Simple Fun:** Try a new coffee place today.
- **Kindness Idea:** Help a coworker with a project (if they need it).
- **Photo Idea:** At your favorite local restaurant.
- **Doodling Idea:** Slip 'n' slide.
- **Watercoloring Idea:** Avocado.

JOURNALING IDEAS

- **Morning Journaling:** Something you know little about that you're going to learn more about.
- **Evening Journaling:** Something you're looking forward to.
- **Gratitude Journaling:** Skills or talents you have.
- **One-Word Journaling:** Strong.