

9th April Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

POSITIVITY IDEAS

In a world of constant comparison, allow yourself to be unapologetically you.

- **Wake-Up Song:** “Wake Me Up Before You Go-Go” Wham!
- **Positive Thought:** When I look at the animals emerging from hibernation, I’m encouraged by...
- **Positive Change Idea:** Go to an interest-based meetup.

FOOD IDEAS

- **Breakfast:** Oatmeal with Fresh Berries
- **Lunch:** Pesto Pasta Salad
- **Dinner:** Chicken Soup

DECLUTTERING IDEA

Find one old cable that you don’t need or that doesn’t work.

DECLUTTERING COMPLETED

ACTIVITIES & THINGS TO DO

- **April Bucket List:** Visit a beautiful tourist spot in your city/town.
- **Self-Care Idea:** Listen to your favorite playlist while relaxing.
- **Romantic Idea:** Surprise them with a small gift.
- **Simple Fun:** Go for a walk on your lunch break.
- **Kindness Idea:** Let someone go ahead of you in line at the store.
- **Photo Idea:** At your favorite coffee shop.
- **Doodling Idea:** Unicorn pool float.
- **Watercoloring Idea:** Bloom.

DEEP TALK

Something that didn’t go to plan but led to something beautiful.

ALL-DAY JOURNALING

- **Morning Journaling:** Activities you enjoy so much you don’t feel the need to look at your screens.
- **Evening Journaling:** People you want to reconnect with this week.
- **Gratitude Journaling:** Things that you appreciate about yourself.
- **One-Word Journaling:** Artistic.