

10th April Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

FEEL - GOOD IDEAS

When you look in the mirror, tell yourself how beautiful you are.

- **Wake-Up Song:** "Daydream Believer" The Monkees
- **Positive Thought:** A simple activity that sounds great right now is...
- **Positive Change Idea:** Rearrange a room and try it for a day.

DECLUTTERING IDEA

For 15 minutes, look for any paper clutter (e.g., old magazines, leaflets) to recycle.

DECLUTTERING COMPLETED

MEAL IDEAS

- **Breakfast:** Overnight Chia Pudding with Mango
- **Lunch:** Chopped Salad
- **Dinner:** Turkey Burger

DEEP TALK

Someone who made your childhood special.

ACTIVITIES & THINGS TO DO

- **April Bucket List:** Start learning a new skill.
- **Self-Care Idea:** Have a date night.
- **Romantic Idea:** Have a date night in.
- **Simple Fun:** Have a chocolate and tea tasting at home.
- **Kindness Idea:** Donate books to your local library.
- **Photo Idea:** Everyone wearing just one color.
- **Doodling Idea:** Farm.
- **Watercoloring Idea:** Stitch.

JOURNALING IDEAS

- **Morning Journaling:** Simple ways to have more time with a sibling or particular family member.
- **Evening Journaling:** Acts of kindness you did or want to do this week.
- **Gratitude Journaling:** The nicest compliment you've received.
- **One-Word Journaling:** Determined.