

11th April Planner

1.

2.

3.

..... Ordinary & Happy

POSITIVITY IDEAS

A simple connection can lead to boundless joy.

- **Wake-Up Song:** "Beautiful Day" U2
- **Positive Thought:** A memory that makes me happy is...
- **Positive Change Idea:** Change the cushion covers to a brighter color.

MEALS FOR THE DAY

- **Breakfast:** Omelet with Mushrooms and Cheese
- **Lunch:** Tomato Soup
- **Dinner:** Sheet-Pan Chicken Thighs with Veggies and Crumbled Feta

DECLUTTERING IDEA

Pick one color and declutter items in that color for 30 minutes.

DECLUTTERING COMPLETED

DEEP TALK

An animal or pet that means or meant a lot to you.

IDEAS FOR THINGS TO DO

- **April Bucket List:** DIY a spring wreath for your door.
- **Self-Care Idea:** Go for a scenic walk.
- **Romantic Idea:** Take care of a chore they dislike.
- **Simple Fun:** Go for a walking tour of your town or city.
- **Kindness Idea:** Get coffee for the next person in line after you.
- **Photo Idea:** Hiking or just out in nature.
- **Doodling Idea:** Your pet saying something funny.
- **Watercoloring Idea:** Iced tea.

JOURNALING IDEAS

- **Morning Journaling:** A pet or animal that means a lot to you, and why.
- **Evening Journaling:** Things that are holding you back.
- **Gratitude Journaling:** Your favorite memory.
- **One-Word Journaling:** Fresh.