

13th April Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

POSITIVITY IDEAS

Learn by being curious and playful.

- **Wake-Up Song:** "I Got You Babe" Sonny & Cher
- **Positive Thought:** Someone who makes me laugh is...
- **Positive Change Idea:** Arrange a video call with a family member.

MEALS FOR THE DAY

- **Breakfast:** Breakfast Panini with Bacon and Eggs
- **Lunch:** Apple Spinach Salad with Walnuts
- **Dinner:** Greek-Inspired Pasta Salad

DECLUTTERING IDEA

Pick one shelf to declutter and tidy.

DECLUTTERING COMPLETED

ACTIVITIES & IDEAS

- **April Bucket List:** Try an outdoor workout class.
- **Self-Care Idea:** Try a new outfit.
- **Romantic Idea:** Hide love notes around the house for them to find.
- **Simple Fun:** Pick out a new book to read.
- **Kindness Idea:** Message a parent.
- **Photo Idea:** Family dinner around the table.
- **Doodling Idea:** Peach cobbler.
- **Watercoloring Idea:** Butterfly wing.

DEEP TALK

Words that describe different phases of your life so far.

JOURNALING FOR THE DAY

- **Morning Journaling:** Positive words or phrases to say to yourself in the mirror every morning.
- **Evening Journaling:** Things that motivate you.
- **Gratitude Journaling:** Your favorite trip.
- **One-Word Journaling:** Inventive.