

# 14th April Planner

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2. \_\_\_\_\_
3. \_\_\_\_\_

..... Ordinary & Happy .....

## FEEL - GOOD IDEAS

Daily habits are like planting seeds. The results will show over time.

- **Wake-Up Song:** "Mr. Blue Sky" Electric Light Orchestra
- **Positive Thought:** I'm soothed and comforted by...
- **Positive Change Idea:** Write down three things you're proud of.

## TODAY'S DECLUTTERING

Pick one drawer to declutter and tidy.

DECLUTTERING COMPLETED

## MEALS FOR THE DAY

- **Breakfast:** Cherry Banana Smoothie
- **Lunch:** Smoked Salmon Salad
- **Dinner:** Beef Quesadillas

## THINGS TO DO & ACTIVITIES

- **April Bucket List:** Learn how to make ice cream at home.
- **Self-Care Idea:** Create a vision board to display at home.
- **Romantic Idea:** Meet up or call each other on your lunch break.
- **Simple Fun:** Have lunch outdoors.
- **Kindness Idea:** Send an inspirational message to a friend.
- **Photo Idea:** Walking in the city.
- **Doodling Idea:** Secret garden.
- **Watercoloring Idea:** Fabric.

## DEEP TALK

If you could do anything to your backyard, what you'd do.

## ALL-DAY JOURNALING

- **Morning Journaling:** Ways you can make your garden or outdoor space inspiring.
- **Evening Journaling:** Most vivid memory from today or this week.
- **Gratitude Journaling:** The most important lesson you've learned.
- **One-Word Journaling:** Special.