

# 16th April Planner

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

## IDEAS FOR A POSITIVE DAY

Love is a daily practice, not a one-time thing.

- **Wake-Up Song:** "Sunrise" Norah Jones
- **Positive Thought:** The last positive thing I watched was...
- **Positive Change Idea:** Make plans to meet with friends.

## FOOD IDEAS

- **Breakfast:** Cheese Bowl with Fresh Berries
- **Lunch:** Turkey Wrap
- **Dinner:** Pasta with Caruso Sauce

## DECLUTTERING IDEA

Pick one small area to declutter (e.g., nightstand).

DECLUTTERING COMPLETED

## DEEP TALK

A photo that makes you feel conflicted.

## ACTIVITIES AND THINGS TO DO

- **April Bucket List:** Make s'mores.
- **Self-Care Idea:** Have a board game night with friends/family.
- **Romantic Idea:** Surprise them with a spa night at home.
- **Simple Fun:** Go to a live music event after work.
- **Kindness Idea:** Send a thank you email to someone who helped you out.
- **Photo Idea:** Baking or cooking together.
- **Doodling Idea:** Family in Matching Pajamas.
- **Watercoloring Idea:** Something in the shed.

## WHAT TO JOURNAL ABOUT

- **Morning Journaling:** How you're going to make the most of the rest of the month.
- **Evening Journaling:** Good things you want to happen.
- **Gratitude Journaling:** The best advice you've ever received.
- **One-Word Journaling:** Effective.