

17th April Planner

1.

2.

3.

..... Ordinary & Happy

ALL-DAY POSITIVITY

Step outside. Take in the sounds and the sights.

- **Wake-Up Song:** "What a Wonderful World" Louis Armstrong
- **Positive Thought:** I'm encouraged by...
- **Positive Change Idea:** Do one self-care activity.

DECLUTTERING IDEA

Pick another small area to declutter.

DECLUTTERING COMPLETED

MEALS FOR THE DAY

- **Breakfast:** Greek Yogurt with Fresh Berries
- **Lunch:** Quinoa Salad with Avocado
- **Dinner:** Hot Dogs with Chili Sauce and Cheese

DEEP
TALK

A sound that reminds you of happiness.

ACTIVITIES & FUN THINGS TO DO

- **April Bucket List:** Make a sourdough starter.
- **Self-Care Idea:** Take some time to reflect.
- **Romantic Idea:** Cuddle on the couch while watching a movie.
- **Simple Fun:** Meet up with friends.
- **Kindness Idea:** Send someone a care package.
- **Photo Idea:** Matching outfits.
- **Doodling Idea:** Boulder-sized cheese ball.
- **Watercoloring Idea:** Tree.

JOURNALING IDEAS

- **Morning Journaling:** A room or space you can refresh for the season.
- **Evening Journaling:** Hobbies you enjoy or want to try.
- **Gratitude Journaling:** A book that had a big impact on you.
- **One-Word Journaling:** Thriving.