

18th April Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

POSITIVITY & FEEL-GOOD IDEAS

In these uncertain times, remember that the world is full of beauty, too.

- **Wake-Up Song:** "Everywhere" Fleetwood Mac
- **Positive Thought:** The most beautiful nature in my local area is...
- **Positive Change Idea:** Spend time with family and friends.

DECLUTTERING IDEA

Toss expired items from the fridge.

DECLUTTERING COMPLETED

MEALS FOR THE DAY

- **Breakfast:** Breakfast Wrap with Avocado
- **Lunch:** Cobb Salad
- **Dinner:** Risotto with Mascarpone and Sun-Dried Tomatoes

DEEP TALK

A place to see spring at its most beautiful.

ACTIVITIES FOR THE DAY

- **April Bucket List:** Visit the botanical garden.
- **Self-Care Idea:** Create a photo collage wall with meaningful photos.
- **Romantic Idea:** Make them a self-care gift basket.
- **Simple Fun:** Have a simple picnic by a lake, by a river, or in the park.
- **Kindness Idea:** Donate clothes you don't need.
- **Photo Idea:** On bicycles in the park.
- **Doodling Idea:** Directional signpost pointing to different places you've visited.
- **Watercoloring Idea:** Rainbow.

JOURNALING IDEAS

- **Morning Journaling:** Simple ways to bring more light into your home.
- **Evening Journaling:** Ways to become more confident.
- **Gratitude Journaling:** Little things that bring you happiness.
- **One-Word Journaling:** Right.