

19th April Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

POSITIVITY IDEAS

Sometimes, it's important to take a moment and just be.

- **Wake-Up Song:** "Cover Me in Sunshine" P!nk
- **Positive Thought:** If I met with friends this evening, we could...
- **Positive Change Idea:** Watch an inspiring video.

MEALS FOR THE DAY

- **Breakfast:** Breakfast Tacos
- **Lunch:** Avocado Tomato Salad with Mozzarella
- **Dinner:** Lamb Burgers

DECLUTTERING IDEA

Toss anything questionable from the freezer.

DECLUTTERING COMPLETED

DEEP TALK

A biopic that should be made.

ACTIVITIES & FUN IDEAS FOR THE DAY

- **April Bucket List:** Go for a scenic hike.
- **Self-Care Idea:** Meal prep or meal plan for the week ahead.
- **Romantic Idea:** Play their favorite music in the house.
- **Simple Fun:** Go on a photography walk.
- **Kindness Idea:** Run an errand for your significant other or a family member.
- **Photo Idea:** Laying in a circle (heads together).
- **Doodling Idea:** Hedge maze.
- **Watercoloring Idea:** Sunshine rays.

JOURNALING IDEAS

- **Morning Journaling:** Where in your home you could make space for one of your hobbies.
- **Evening Journaling:** Ways to help those around you.
- **Gratitude Journaling:** The people in your life who make you smile.
- **One-Word Journaling:** Thrilling.