

20th April Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

POSITIVE DAY IDEAS

Keep going. Stay true to your values. Set the example you want to see.

- **Wake-Up Song:** "Walking on Sunshine" Katrina & The Waves
- **Positive Thought:** The birds in the sky remind me that...
- **Positive Change Idea:** x

DECLUTTERING IDEA

Pick at least one item to declutter from the bathroom (e.g., empty toiletry bottles, old makeup).

DECLUTTERING COMPLETED

FOOD IDEAS

- **Breakfast:** Egg Muffins
- **Lunch:** Ham and Cheese Wrap
- **Dinner:** Smoked Salmon Pasta

DEEP TALK

If you could give an inspiring talk at your high school, what you'd say.

ACTIVITIES AND THINGS TO DO

- **April Bucket List:** Have a spa evening at home.
- **Self-Care Idea:** Frame and display your favorite inspirational quote.
- **Romantic Idea:** Run an errand for them.
- **Simple Fun:** Watch the sunrise and listen to your favorite songs.
- **Kindness Idea:** Message a grandparent.
- **Photo Idea:** Everyone wearing hats.
- **Doodling Idea:** Jenga tower about to fall.
- **Watercoloring Idea:** Painted egg.

JOURNALING IDEAS

- **Morning Journaling:** Activities you typically do indoors that you could do outside.
- **Evening Journaling:** Unexpected turns to the day/week.
- **Gratitude Journaling:** The best job you've had.
- **One-Word Journaling:** Independent.