

21st April Planner

1. _____

2. _____

3. _____

..... Ordinary & Happy

POSITIVITY IDEAS

Look up at the sky and all around at your surroundings. You're a part of this wonder.

- **Wake-Up Song:** "Hakuna Matata" (from the Lion King)
- **Positive Thought:** I feel inspired when...
- **Positive Change Idea:** Try some power poses.

MEALS FOR THE DAY

- **Breakfast:** Fresh Banana with Peanut Butter
- **Lunch:** Bagel Sandwich with Halloumi
- **Dinner:** Chicken Tortilla Soup

DECLUTTERING IDEA

Declutter at least one item from the kitchen.

DECLUTTERING COMPLETED

DEEP TALK

Somewhere you have fond memories of, but will never go back to.

THINGS TO DO

- **April Bucket List:** Have a spa night at home.
- **Self-Care Idea:** Have a stargazing evening.
- **Romantic Idea:** Give them a compliment.
- **Simple Fun:** Work on a giant puzzle.
- **Kindness Idea:** Say 5 positive things to people today.
- **Photo Idea:** In front of your house.
- **Doodling Idea:** Genie lamp.
- **Watercoloring Idea:** Spilled liquid.

JOURNALING IDEAS

- **Morning Journaling:** Describe your ideal spring evening.
- **Evening Journaling:** What the perfect weekend looks like.
- **Gratitude Journaling:** Recent new opportunities.
- **One-Word Journaling:** Masterful.