

22nd April Planner

1. _____

2. _____

3. _____

..... Ordinary & Happy

FEEL - GOOD IDEAS

You've made such a difference. Every decision and every gesture matters.

- **Wake-Up Song:** "Pocketful of Sunshine" Natasha Bedingfield
- **Positive Thought:** Earth is beautiful because...
- **Positive Change Idea:** Donate some clothes you no longer need.

MEALS FOR THE DAY

- **Breakfast:** Mango Banana Smoothie
- **Lunch:** Omelet with Spinach and Feta
- **Dinner:** Polenta with Sausage and Parmesan

DECLUTTERING IDEA

Declutter at least one item from the pantry.

DECLUTTERING COMPLETED

DEEP TALK

Something wonderful about the Earth you can't comprehend.

IDEAS FOR THINGS TO DO

- **April Bucket List:** Enjoy sunset at a rooftop restaurant or terrace.
- **Self-Care Idea:** Enjoy a morning cup of coffee or tea while listening to music.
- **Romantic Idea:** Write them a love letter.
- **Simple Fun:** Try a dance class after work.
- **Kindness Idea:** Send something uplifting to a friend group chat.
- **Photo Idea:** Everyone with their favorite books.
- **Doodling Idea:** Globe.
- **Watercoloring Idea:** Rain.

JOURNALING IDEAS

- **Morning Journaling:** Things you could wake up to that would inspire you.
- **Evening Journaling:** Ways you have made a difference today.
- **Gratitude Journaling:** What you like about the city/town you live in.
- **One-Word Journaling:** Refreshed.