

23rd April Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

POSITIVITY IDEAS

Sometimes in life, you just need to take a chance.

- **Wake-Up Song:** "Clocks" Coldplay
- **Positive Thought:** When I close my eyes, I think of...
- **Positive Change Idea:** Try something new.

FOOD IDEAS

- **Breakfast:** Breakfast Sandwich with Eggs and Smoked Salmon
- **Lunch:** Avocado Toast with Chickpeas and Tahini
- **Dinner:** Salmorejo (Cold Tomato Bread Soup)

DECLUTTERING IDEA

Declutter at least one item from the closet.

DECLUTTERING COMPLETED

THINGS TO DO TODAY

- **April Bucket List:** Create a playlist of your favorite songs to inspire you.
- **Self-Care Idea:** Watch a comedy special.
- **Romantic Idea:** Cook their favorite meal.
- **Simple Fun:** Go to a board game cafe after work.
- **Kindness Idea:** Take a friend to the movie theater.
- **Photo Idea:** Matching pajamas.
- **Doodling Idea:** Picnic in an interesting place.
- **Watercoloring Idea:** Something new.

DEEP
TALK

The most beautiful voice you've ever heard.

WHAT TO JOURNAL ABOUT

- **Morning Journaling:** Daily evening walking routes you could take.
- **Evening Journaling:** What the perfect day looks like.
- **Gratitude Journaling:** The times you felt truly loved.
- **One-Word Journaling:** Motivated.