

24th April Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

POSITIVITY IDEAS

If you feel like dancing, just get up and dance.

- **Wake-Up Song:** "Brave" Sara Bareilles
- **Positive Thought:** Something I read recently that inspired me was about...
- **Positive Change Idea:** Have a volunteering afternoon.

DECLUTTERING IDEA

Declutter at least one item from the living room.

DECLUTTERING COMPLETED

MEALS FOR THE DAY

- **Breakfast:** Granola Bars
- **Lunch:** Caprese Salad
- **Dinner:** Grilled Meat Rolls with Veggies

DEEP TALK

What a 'good life' meant to you in your 20s, and what it means now.

IDEAS FOR THINGS TO DO

- **April Bucket List:** Host a movie night with homemade popcorn and snacks.
- **Self-Care Idea:** Have a movie night at home.
- **Romantic Idea:** Have a movie night date at home.
- **Simple Fun:** Try geocaching.
- **Kindness Idea:** Send someone a bouquet of flowers.
- **Photo Idea:** At your favorite bookstore or library.
- **Doodling Idea:** Fish tank.
- **Watercoloring Idea:** Grass.

JOURNALING IDEAS

- **Morning Journaling:** Something that inspires you and motivates you to think about on busy days.
- **Evening Journaling:** Ways to be yourself.
- **Gratitude Journaling:** What you like about your job.
- **One-Word Journaling:** Minimal.