

26th April Planner

1. _____

2. _____

3. _____

..... Ordinary & Happy

FEEL-GOOD & POSITIVE IDEAS

Let loved ones know how much they mean to you. Hug them tightly.

- **Wake-Up Song:** "Free Bird" Lynyrd Skynyrd
- **Positive Thought:** When it's sunny outside, I feel...
- **Positive Change Idea:** Read up about something that interests you.

MEALS FOR THE DAY

- **Breakfast:** Mango Banana Smoothie Bowl
- **Lunch:** Shakshuka (Eggs in Tomato Sauce)
- **Dinner:** Chicken Flatbread Wraps

DECLUTTERING IDEA

Pick your favorite place in the house and declutter and tidy it.

DECLUTTERING COMPLETED

DEEP TALK

A time you were uncertain but you led the way anyway.

IDEAS FOR THINGS TO DO

- **April Bucket List:** Spend time by water (a beach, a lake, a river).
- **Self-Care Idea:** Enjoy a couple hours at a nearby coffee shop.
- **Romantic Idea:** Plan a picnic for the two of you.
- **Simple Fun:** Create a travel bucket list.
- **Kindness Idea:** Participate in a beach or park clean-up.
- **Photo Idea:** By water (lake, river, etc).
- **Doodling Idea:** Piano staircase.
- **Watercoloring Idea:** Waterfall.

JOURNALING FOR THE DAY

- **Morning Journaling:** A community you want to reconnect with.
- **Evening Journaling:** Seasonal things you want to enjoy.
- **Gratitude Journaling:** Songs that uplift you.
- **One-Word Journaling:** Serene.