

# 27th April Planner

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2. \_\_\_\_\_

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..... Ordinary & Happy .....

## POSITIVITY IDEAS

Your story belongs to you. Take control of the narrative.

- **Wake-Up Song:** "Fly Like a Bird" Mariah Carey
- **Positive Thought:** A story that always inspires me is...
- **Positive Change Idea:** Write down one thing to let go of.

## DECLUTTERING IDEA

Set a 15-min timer and declutter the first place that comes to mind.

DECLUTTERING COMPLETED

## MEALS FOR THE DAY

- **Breakfast:** Chia Pudding with Bananas and Vanilla
- **Lunch:** Sandwich with Salami and Roasted Pepper Cream Cheese
- **Dinner:** Mediterranean-Inspired Chicken Salad

## DEEP TALK

An inspiring story about a normal person.

## IDEAS FOR THINGS TO DO

- **April Bucket List:** Go for a scenic walk if the weather is nice.
- **Self-Care Idea:** Create a bucket list for this year.
- **Romantic Idea:** Ask them about their workday and listen.
- **Simple Fun:** Watch an episode of your favorite TV show.
- **Kindness Idea:** Make an extra batch of cookies for a neighbor or a friend.
- **Photo Idea:** Gardening.
- **Doodling Idea:** Spiral staircase.
- **Watercoloring Idea:** Local landscape.

## JOURNALING IDEAS

- **Morning Journaling:** Somewhere you could go for a weekend.
- **Evening Journaling:** Skills you want to learn or improve.
- **Gratitude Journaling:** Seasonal things that make you happy.
- **One-Word Journaling:** Bright.