

28th April Planner

1. _____

2. _____

3. _____

..... Ordinary & Happy

POSITIVE FEEL-GOOD IDEAS

The everyday things you do for your loved ones make you a superhero.

- **Wake-Up Song:** "I'm Like a Bird" Nelly Furtado
- **Positive Thought:** The next time an exciting opportunity presents itself, I'll...
- **Positive Change Idea:** Write down a major goal for the rest of the year.

FOOD IDEAS

- **Breakfast:** Mango Lime Smoothie
- **Lunch:** Smoked Salmon Bagel
- **Dinner:** Lemon Chicken Soup

DECLUTTERING IDEA

Set a 15-min timer and declutter one area you haven't yet (e.g., car, purse).

DECLUTTERING COMPLETED

DEEP TALK

A moment where it felt like time stopped for you.

ACTIVITIES AND THINGS TO DO

- **April Bucket List:** Go to the movie theater.
- **Self-Care Idea:** Watch the sunset from a scenic location.
- **Romantic Idea:** Give them a gift box with their favorite snacks.
- **Simple Fun:** Go to trivia night.
- **Kindness Idea:** Hold the door open for someone.
- **Photo Idea:** In a wildflower field.
- **Doodling Idea:** Superhero.
- **Watercoloring Idea:** Straight lines with no ruler.

WHAT TO JOURNAL ABOUT

- **Morning Journaling:** A place in nature to meet with friends.
- **Evening Journaling:** New things you've learned today or this week.
- **Gratitude Journaling:** Quotes that inspire you.
- **One-Word Journaling:** Decisive.