

April 29th Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

POSITIVITY IDEAS

An honest life starts with being honest with yourself.

- **Wake-Up Song:** “Be OK” Ingrid Michaelson
- **Positive Thought:** The last time I danced like nobody was watching was...
- **Positive Change Idea:** Try a new workout class.

MEALS FOR THE DAY

- **Breakfast:** Scrambled Eggs on Avocado Toast
- **Lunch:** Bagel Sandwich with Pesto Chicken
- **Dinner:** Niçoise Salad

DECLUTTERING IDEA

Get a bag or box and walk through the house, picking items to toss or recycle.

DECLUTTERING COMPLETED

DEEP TALK

What your first dance was or would be, and why.

IDEAS FOR THINGS TO DO

- **April Bucket List:** Listen to your favorite spring songs.
- **Self-Care Idea:** Dance to your favorite music.
- **Romantic Idea:** Plan a dinner at their favorite restaurant.
- **Simple Fun:** Start a mini herb garden.
- **Kindness Idea:** Cook a meal for a friend or family member.
- **Photo Idea:** Jumping (mid-air).
- **Doodling Idea:** Dance game at an arcade.
- **Watercoloring Idea:** Sponge.

JOURNALING IDEAS

- **Morning Journaling:** What you’ve learned this April that you’ll carry into May.
- **Evening Journaling:** Your spring and summer bucket lists.
- **Gratitude Journaling:** The thing you’re most grateful for.
- **One-Word Journaling:** Lovable.