

April 30th Planner

1. _____
2. _____
3. _____

..... Ordinary & Happy

ALL-DAY POSITIVITY

Appreciate any beautiful memories you made this month.

- **Wake-Up Song:** "Send Me On My Way" Rusted Root
- **Positive Thought:** Right now, I'm simply happy that...
- **Positive Change Idea:** Create a cozy corner at home to read and relax in.

MEAL IDEAS

- **Breakfast:** Oatmeal with Honey
- **Lunch:** Tomato Feta Salad
- **Dinner:** Cacio e Pepe (Cheese & Pepper Pasta)

DECLUTTERING IDEA

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

DECLUTTERING COMPLETED

DEEP TALK

Whether honesty is always the best idea.

ACTIVITIES FOR THE DAY

- **April Bucket List:** Have a picnic in your backyard or somewhere scenic.
- **Self-Care Idea:** Try an evening stretching or workout routine.
- **Romantic Idea:** Put a love note in their bag or pocket.
- **Simple Fun:** Watch the sunset from a scenic viewpoint.
- **Kindness Idea:** Do something kind for yourself.
- **Photo Idea:** Family game night.
- **Doodling Idea:** Dog in a suit.
- **Watercoloring Idea:** Sunset.

JOURNALING IDEAS

- **Morning Journaling:** Small, everyday things you want to notice more.
- **Evening Journaling:** The ultimate life bucket list.
- **Gratitude Journaling:** The person you're most grateful for.
- **One-Word Journaling:** Happy.