

# Inspirational 7th May Planner

## INSPIRATION

Wake-Up Song: "Levitating" Dua Lipa

Motivation Song: "Level Up" Ciara

Positive Thought: I'll visit somewhere new soon, like...

Inspirational Message: Be proud of even the tiniest wins. If they matter to you, it counts.

## WHAT TO MAKE FOR FOOD

Breakfast: Cottage Cheese Bowl with Fruit

Lunch: Lemon Shrimp Salad

Dinner: Eggplant with Beef and Ricotta

## DECLUTTERING IDEA

Set a 15-min timer and organize a couple of shelves in your closet.

## DEEP CONVERSATION

How a starry night sky makes you feel.

## WHAT TO DO TODAY

May Bucket List: DIY a flower wreath for the door or porch.

Self-Care Idea: Step outside for fresh air and breathe in deeply for 5 minutes.

Fun Idea: Play songs from your favorite decade.

Romantic Gesture: Pick up takeout from their favorite restaurant.

Doodling Idea: Butterflies.

Watercoloring Idea: Plane taking off.

## JOURNALING FOR THE DAY

Morning: Changes to your backyard to inspire you to have more time in it.

Evening: Beautiful things you noticed around you today.

Self-Care: People you're grateful for and why.

Gratitude: Something you saw recently that made you smile.

One-Word: Delicate.

Ordinary & Happy  
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