June 1st Ideas

Ordinary & Happy

INSPIRATION FOR THE DAY

Stay positive and inspire others.

- **Wake-Up Song:** “Boogie Shoes” KC & The Sunshine Band
- **Positive Thought:** This month, I’ll celebrate my true self by...
- **Song to Make You Feel Beautiful:** “Just the Way You Are” Bruno Mars

MEALS TO MAKE

- **Breakfast:** Mango banana smoothie
- **Lunch:** Couscous salad
- **Dinner:** Creamy lemon pasta with pancetta

DECLUTTERING IDEA

Start a donation box to add to this month & add one item to it today.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Write a letter to your future self to open at the end of summer.
- **Self-Care Idea:** Relax while listening to your favorite playlist.
- **Simple Fun:** Have a picnic in the park.
- **Romantic Idea:** Offer to help them with something.
- **Kindness Idea:** Make a list of things you can easily do that would help others.
- **Doodling Idea:** Coconut with a straw.
- **Watercoloring Idea:** Ocean waves.

DEEP CHAT

A summer friendship with someone you could be your true self around.

JOURNALING FOR THE DAY

- **Morning:** Top three things you want to achieve this summer.
- **Evening:** One thing you’re looking forward to this month.
- **Gratitude:** Happy summer memories from previous years.
- **Self-Care:** Things you could do for your self-care this month.
- **One-Word:** Picnic.