

# May 4th Planner

## INSPIRATION

Wake-Up Song: "Love Today" MIKA

Motivation Song: "Invincible" Kelly Clarkson

Positive Thought: Something from my childhood that always makes me smile is...

Inspirational Message: Acknowledge the times you showed courage and determination.

## WHAT TO MAKE FOR FOOD

Breakfast: Mango Raspberry Yogurt Parfait

Lunch: Greek Salad with Grilled Chicken

Dinner: Spinach Ricotta Ravioli with Homemade Pesto

## DECLUTTERING IDEA

Organize the shoes you have ready for the season.

## DEEP CONVERSATION

What a 'life well lived' is.

## ACTIVITIES FOR THE DAY

May Bucket List: Have a 'Star Wars' movie marathon.

Self-Care Idea: Read and reflect on a motivational quote.

Fun Idea: Take a photo of something that inspires you.

Romantic Gesture: Send them a Monday motivation text or meme.

Doodling Idea: Emerald.

Watercoloring Idea: Starship.

## JOURNALING IDEAS

Morning: 10-15 minute creative activities you could do.

Evening: How the weekend went.

Self-Care: Wins from April and why you're proud of them.

Gratitude: One thing that surprised you (in a positive way) this year.

One-Word: Loving.

Ordinary & Happy  
O & H

MAY

MON

4TH