

# 5th May Planner

## GET INSPIRED

Wake-Up Song: "Happy" Pharrell Williams

Motivation Song: "Carry On" fun

Positive Thought: My favorite teacher at school was...

Inspirational Message: Allow yourself to simply be right now. So much can become clear to you in the moment.

## MEALS FOR THE DAY

Breakfast: Breakfast Wrap with Scrambled Eggs

Lunch: Panzanella Salad

Dinner: Ground Beef Tacos with Guacamole

## DECLUTTERING

Store away off-season items (e.g., clothes, shoes, accessories).

## DEEP CONVERSATION

A teacher who inspired you.

## ACTIVITIES FOR THE DAY

May Bucket List: Celebrate Cinco de Mayo.

Self-Care Idea: Dance to your favorite song.

Fun Idea: Watch a funny video.

Romantic Gesture: Give them a meaningful compliment.

Doodling Idea: Tacos.

Watercoloring Idea: Flower centerpiece.

## JOURNALING IDEAS

Morning: Things you can put in your home to inspire you.

Evening: Things that energize you.

Self-Care: Things you're looking forward to this year.

Gratitude: Something you're looking forward to this summer.

One-Word: Comfortable.

Ordinary & Happy  
O & H

MAY

TUE

5TH