

# 8th May Planner

## INSPIRATION FOR THE DAY

Wake-Up Song: "Coffee Cake" Benson Boone

Motivation Song: "Lose Yourself" Eminem

Positive Thought: Someone I could go on a spring walk with is...

Inspirational Message: Look in the mirror and love the one-in-a-billion person looking back at you.

## WHAT TO MAKE FOR FOOD

Breakfast: Banana Peanut Butter Yogurt Parfait

Lunch: Chicken Salad Sandwich

Dinner: Fish and Chips with Tartar Sauce

## DECLUTTERING IDEA

Organize the accessories in your closet.

## DEEP TALK

If you could stay a particular age forever, what age you'd choose.

## IDEAS FOR THE DAY

May Bucket List: Visit the farmer's market for seasonal produce like asparagus and berries.

Self-Care Idea: Stretch for 5 minutes.

Fun Idea: Get a pair of comfy slippers to wear.

Romantic Gesture: Meet up for happy hour after work.

Doodling Idea: Strawberries.

Watercoloring Idea: Blue mountain.

## DAILY JOURNALING

Morning: Ways to have more outdoor time during work hours.

Evening: Habits you wish you could change.

Self-Care: Something you saw recently that made you feel good.

Gratitude: A challenge you've overcome this year.

One-Word: Consistent.

