

Great Ideas *for* 9th May

INSPIRATIONAL IDEAS

- Wake-Up Song: "Ray of Light" Madonna
- Motivation Song: "Believer" Imagine Dragons
- Positive Thought: Something that keeps me optimistic is...
- Inspirational Message: When you're unsure, let love lead the way.

MEAL IDEAS

- Breakfast: Smoked Salmon Breakfast Sandwich
- Lunch: Apple Spinach Salad with Goat Cheese
- Dinner: Pork Skewers with Peppers & Lemon Garlic Rice

DECLUTTERING

- Toss expired items from the fridge & pantry.

DEEP CONVERSATION

- Something that inspired you in an uninspiring place.

ACTIVITIES FOR THE DAY

- May Bucket List: Have a last-minute spring getaway.
- Self-Care Idea: Light a scented candle in the evening.
- Fun Idea: Make plans with friends to do something fun.
- Romantic Gesture: Plan a brunch for the two of you.
- Doodling Idea: Indoor cactus.
- Watercoloring Idea: Fresh lemonade.

JOURNALING IDEAS

- Morning: Outdoor groups you could join for one session to see if you like it.
- Self-Care: Something you can do today to show yourself more love.
- Evening: Something that inspired you this week.
- Gratitude: The happiest memory from last year.
- One-Word: Accepted.

Ordinary & Happy
O & H

MAY

SAT

9TH