

Ideas for Sunday 11th May

INSPIRATION

- Wake-Up Song: "Sunshine" OneRepublic
- Motivation Song: "Freedom! '90" George Michael
- Positive Thought: If I go outside right now, I love that...
- Inspirational Message: Just like the clouds in the sky, your potential reaches high.

WHAT TO MAKE FOR FOOD

- Breakfast: Cereal and Milk
- Lunch: Ham and Cheese Sandwich with Roasted Pepper
- Dinner: Halloumi Couscous Bowl

DECLUTTERING IDEA

- Sort through the utensils and organize them.

DEEP CONVERSATION

- A heartwarming memory with mom.

ACTIVITIES FOR THE DAY

- May Bucket List: Go for a scenic bike ride or a leisurely bike ride in the park.
- Self-Care Idea: Take a selfie of yourself smiling.
- Fun Idea: Set your morning alarm to a song you love.
- Romantic Gesture: Give them a mini massage after work.
- Doodling Idea: Beach ball.
- Watercoloring Idea: Firetruck.

JOURNALING FOR THE DAY

- Morning: Positive things to talk about in the evening.
- Evening: Your favorite memory from this weekend.
- Self-Care: Kind things you can tell yourself on days that haven't gone to plan.
- Gratitude: What you love about your family.
- One-Word: Clever.

Ordinary & Happy
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