

# 12th of May Planner

## GET INSPIRED

Wake-Up Song: "Let's Get It Started" Black Eyed Peas

Motivation Song: "Unstoppable" Sia

Positive Thought: When I'm tired, I'm motivated by...

Inspirational Message: Let simple sounds of nature soothe, encourage, and inspire you.

## WHAT TO MAKE FOR FOOD

Breakfast: Almond Croissant

Lunch: Deli Turkey Wrap

Dinner: Chicken Tacos with Avocado

## DAILY DECLUTTERING

Declutter and organize the dishes and mugs.

## DEEP CONVERSATION

Whether you usually dream about running toward or away from something.

## ACTIVITIES FOR THE DAY

May Bucket List: Put together a feel-good playlist for get-togethers.

Self-Care Idea: Journal for 5 minutes using prompts.

Fun Idea: Make your phone background a happy or funny photo.

Romantic Gesture: Create a 'relaxing space' for them at home.

Doodling Idea: Croissant.

Watercoloring Idea: Canary bird.

## JOURNALING IDEAS

Morning: A simple way you can support a loved one.

Evening: Self-care activities that make you feel refreshed.

Self-Care: Times when everything just felt right and why you think that is.

Gratitude: Something positive that happened today.

One-Word: Favorite.

Ordinary & Happy  
O & H

MAY

TUE

12TH