

# 13th of May Inspiration & Ideas

## INSPIRATIONAL IDEAS

- Wake-Up Song: "Mr. Blue Sky" Electric Light Orchestra
- Motivation Song: "Titanium" David Guetta & Sia
- Positive Thought: I feel loved when I look at...
- Inspirational Message: Tiny steps forward take courage.

## WHAT TO MAKE FOR FOOD

- Breakfast: Mixed Berry Yogurt Parfait
- Lunch: Quinoa Avocado Salad
- Dinner: Pancetta & Mushroom Pasta with Parmesan

## DECLUTTERING IDEA

- Declutter and organize the under-the-sink area in the kitchen.

## DEEP CONVERSATION

- A text message that changed your life for the better.

## ACTIVITIES FOR THE DAY

- May Bucket List: Go to a new coffee shop.
- Self-Care Idea: Apply some hand cream.
- Fun Idea: Play air guitar to a classic rock song.
- Romantic Gesture: Let them choose the movie or TV show for your next movie night at home.
- Doodling Idea: Jellyfish.
- Watercoloring Idea: Apple pie.

## JOURNALING IDEAS

- Morning: What a relaxing weekend could look like.
- Evening: One thing that brought you joy today.
- Self-Care: What makes you feel confident.
- Gratitude: Favorite things about the month of May.
- One-Word: Efficient.

Ordinary & Happy  
O & H

MAY

WED

13TH