

15th of May Daily Planner

INSPIRATION

Wake-Up Song: "Life is a Highway" Rascal Flatts

Motivation Song: "Superheroes" The Script

Positive Thought: I can find joy in an unexpected place, like...

Inspirational Message: You still have time to make the most of May.

WHAT TO MAKE FOR FOOD

Breakfast: Granola Bars

Lunch: Chicken Salad Wrap

Dinner: Flatbread Pizza with Side Salad

DECLUTTERING IDEA

Declutter and organize the kitchen countertops.

DEEP CONVERSATION

Mundane tasks you find joy from and why.

ACTIVITIES FOR THE DAY

May Bucket List: Take photos in a wildflower field.

Self-Care Idea: Order a gift for yourself online.

Fun Idea: Have a pizza and movie night.

Romantic Gesture: Go to the movie theater for a planned movie date night.

Doodling Idea: Big wave.

Watercoloring Idea: Bicycle wheel.

DAILY JOURNALING

Morning: How you want to remember this spring.

Evening: Adventurous things to try this month.

Self-Care: Activities you enjoy doing with others.

Gratitude: Things you're looking forward to tomorrow.

One-Word: Influential.

Ordinary & Happy
O & H

MAY

FRI

15TH