

16th of May Inspiration

INSPIRATION

Wake-Up Song: "Good Feeling" Flo Rida

Motivation Song: "Time of Our Lives" Pitbull & Ne-Yo

Positive Thought: My perfect self-care day would start with...

Inspirational Message: Where someone sees very little, you may see a world of beauty and opportunity.

WHAT TO MAKE FOR FOOD

Breakfast: Toasted Bagel with Your Favorite Toppings

Lunch: Toasted Pita Salad

Dinner: Chicken & Chorizo Skewers with Lemon Parsley Garlic Rice

DECLUTTERING IDEA

Focus on clearing and organizing the area under the bathroom sink.

DEEP CONVERSATION

An unexpected place you found hope.

ACTIVITIES FOR THE DAY

May Bucket List: Go berry picking.

Self-Care Idea: Make yourself a tea in the afternoon.

Fun Idea: Put your pajamas on earlier than usual.

Romantic Gesture: Create a playlist of songs meaningful to your relationship.

Doodling Idea: Starry sky.

Watercoloring Idea: Barbecue.

JOURNALING IDEAS

Morning: A time of the day you could be more flexible in your schedule.

Evening: Wins from this week you can celebrate.

Self-Care: Activities you enjoy doing on your own.

Gratitude: Your favorite thing about yourself.

One-Word: Gifted.

Ordinary & Happy
O & H

MAY

SAT

16TH