

17th of May Daily Planner

INSPIRATIONAL IDEAS

Wake-Up Song: "Never Seen the Rain" Tones and I

Motivation Song: "Work Hard, Play Hard" Wiz Khalifa

Positive Thought: When the sun is shining, I like to...

Inspirational Message: Not everything has to be a 'fresh' start. You can always revisit something unfinished.

FOOD IDEAS

Breakfast: Breakfast Burritos

Lunch: Couscous Salad

Dinner: Rotisserie Chicken or Roasted Chicken and a Side Salad

DECLUTTERING IDEA

Toss expired makeup, skincare products, and other toiletries.

WHAT TO TALK ABOUT

How far back in time you'd be willing to travel in hopes of discovering one of life's mysteries.

ACTIVITIES FOR THE DAY

May Bucket List: Plan a summer trip, weekend getaway, or day trip.

Self-Care Idea: Doodle for a few minutes to relax.

Fun Idea: Put on your favorite outfit and take a selfie.

Romantic Gesture: Go for a scenic drive or day road trip.

Doodling Idea: Bird.

Watercoloring Idea: Aquarium at night.

JOURNALING IDEAS

Morning: Ways you can reduce screen distractions.

Evening: Moments and things that make you feel cozy.

Self-Care: What you spend too much time on.

Gratitude: Things in your life that make you feel hopeful.

One-Word: Entertaining.

Ordinary & Happy
O & H

MAY

SUN

17TH