

18th of May Planner & Ideas

INSPIRATION IDEAS

Wake-Up Song: "Feels Like Summer" Samuel Jack

Motivation Song: "Let's Go" Calvin Harris & Ne-Yo

Positive Thought: My favorite framed photo in the house is...

Inspirational Message: An ordinary day can still be lived with meaning and intention.

WHAT TO MAKE FOR FOOD

Breakfast: Mango Chia Pudding

Lunch: Pesto Chicken Bagel Sandwich

Dinner: Walnut Pesto Pasta with Roasted Broccoli

DAILY DECLUTTERING

Declutter and organize the items on the bathroom countertop.

DEEP TALK

Something you never stop thinking about and why.

ACTIVITIES FOR THE DAY

May Bucket List: Have a screen-free day outdoors.

Self-Care Idea: Set your laptop or phone background to a photo of a happy memory.

Fun Idea: Reminisce with a friend about a great memory.

Romantic Gesture: Ask them if they need help with anything.

Doodling Idea: Palm tree.

Watercoloring Idea: Muddy sneakers.

JOURNALING IDEAS

Morning: Something simple you can change about your routine today.

Evening: How Mondays make you feel.

Self-Care: A time you surprised yourself with your inner strength.

Gratitude: Things in your life that give you a cozy feeling.

One-Word: Reliable.

Ordinary & Happy
O & H

MAY

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18TH