

# 19th of May Daily Planner

## INSPIRATION

Wake-Up Song: "Good Day" Surfaces

Motivation Song: "Dog Days Are Over" Florence + The Machine

Positive Thought: When I sit in the backyard or outside, I'm encouraged by...

Inspirational Message: Go outside and take in the beauty. Be there for loved ones. Today, just live.

## WHAT TO MAKE FOR FOOD

Breakfast: Apple Slices and Cheese

Lunch: Smoked Salmon Burrata Sandwich

Dinner: Chicken Cutlet with Side Salad

## DECLUTTERING IDEA

Group similar products in containers and combine duplicates.

## DEEP CONVERSATION

A journey you had to go on.

## ACTIVITIES FOR THE DAY

May Bucket List: Go to the movie theater for a new movie release.

Self-Care Idea: Watch a funny video to make you laugh.

Fun Idea: Watch the sunset.

Romantic Gesture: Get them a small but meaningful gift.

Doodling Idea: Waterlilies pond.

Watercoloring Idea: Open patio door.

## JOURNALING IDEAS

Morning: One thing you can be more consistent with until the end of the month.

Evening: Things you're grateful for this year.

Self-Care: A moment you felt truly loved and supported.

Gratitude: The first memory that comes to mind when hearing the word 'happy.'

One-Word: Interesting.

