

20th of May Planner

FEEL - GOOD IDEAS

Wake-Up Song: "I Ain't Worried" OneRepublic

Motivation Song: "No Excuses" Meghan Trainor

Positive Thought: A road trip I'd love to take is...

Inspirational Message: Stepping slightly outside your comfort zone can go a long way.

MEALS FOR THE DAY

Breakfast: Scrambled Eggs

Lunch: Pesto Pasta Salad

Dinner: Sausage Frittata with Salad

DECLUTTERING IDEA

Organize the bathroom cabinets.

DEEP CONVERSATION

A memorable stranger you met on public transport.

WHAT TO DO TODAY

May Bucket List: Tidy up your backyard or balcony and decorate it for the season.

Romantic Gesture: Offer to pick them up from work and go do something fun afterward.

Self-Care Idea: Organize your purse or wallet.

Fun Idea: Watch an episode of your favorite TV show.

Doodling Idea: Lemons.

Watercoloring Idea: Late sunset.

JOURNALING IDEAS

Morning: A photo to take to remind you of what's important.

Evening: One thing you learned today.

Self-Care: Local meet-ups you could go to for finding connection.

Gratitude: Bucket list items you've already crossed off.

One-Word: Likable.

Ordinary & Happy
O & H

MAY

WED

20TH