

21st of May All-Day Planner

INSPIRATION

- Wake-Up Song: "Brand New Morning" Sun Heat
- Motivation Song: "Unstoppable" Rascal Flatts
- Positive Thought: A little thing that fills me with hope is...
- Inspirational Message: Not everything needs to have a deep meaning.
Some things can be just for you to enjoy.

WHAT TO MAKE FOR FOOD

- Breakfast: Muesli with Fruit and Yogurt
- Lunch: Caprese Panini
- Dinner: Chicken & Veggies Sheet-Pan Dinner

DECLUTTERING IDEA

- Remove any items that don't belong in the bathroom.

DEEP CONVERSATION

- Someone who was kind to you when they didn't need to be.

ACTIVITIES FOR THE DAY

- May Bucket List: Play an outdoor game like frisbee, badminton, tennis.
- Self-Care Idea: Close your eyes and rest for 5 minutes.
- Fun Idea: Play your favorite songs when cooking or doing chores.
- Romantic Gesture: Create a jar of compliments for them to pick one up from
whenever they want.
- Doodling Idea: Ripple.
- Watercoloring Idea: Underwater city.

ALL-DAY JOURNALING

- Morning: Ways you can bring people together this weekend.
- Evening: What you'd do differently if you re-lived today.
- Self-Care: Ways to show yourself kindness.
- Gratitude: A great experience you've had that few people have had.
- One-Word: Honest.

