

INSPIRATION

Wake-Up Song: "Espresso" Sabrina Carpenter

Motivation Song: "Break My Stride" Matthew Wilder

Positive Thought: This week, I've achieved...

Inspirational Message: A few words of encouragement can change someone's day.

WHAT TO MAKE FOR FOOD

Breakfast: Green Smoothie

Lunch: Club Sandwich

Dinner: Shrimp Rice Bowl

DECLUTTERING IDEA

Replace old toothbrushes & old towels.

DEEP CONVERSATION

An adventure you went on after school exams finished.

ACTIVITIES FOR THE DAY

May Bucket List: Go for ice cream and try a new seasonal flavor.

Romantic Gesture: Ask them about their week & month so far and listen.

Self-Care Idea: Stargaze for a few minutes.

Fun Idea: Work on a fun DIY project.

Doodling Idea: Jam on toast.

Watercoloring Idea: Hot springs.

JOURNALING FOR THE DAY

Morning: What makes you feel confident.

Evening: Things that surprised you this week.

Self-Care: An ordinary moment that brought you joy.

Gratitude: Something you appreciate now in your life that you didn't when you were younger.

One-Word: Modest.

