

# May 23rd Planner & Ideas

## INSPIRATIONAL IDEAS

Wake-Up Song: "Life is Rosy" Jess Penner

Motivation Song: "Brave" Sara Bareilles

Positive Thought: Spring has been wonderful because...

Inspirational Message: Allow a little time for the fleeting moments, like a warm breeze.

## WHAT TO MAKE FOR FOOD

Breakfast: Omelet with Toast

Lunch: Roasted Vegetable Salad

Dinner: Chicken Patties with Mashed Potatoes and Roasted Veggies

## DECLUTTERING IDEA

Go through the living room and remove things that don't belong there.

## DEEP CONVERSATION

A dream you've held onto since childhood.

## IDEAS FOR THE DAY

May Bucket List: Go to a rooftop terrace.

Romantic Gesture: Make them their all-time favorite dish for dinner.

Self-Care Idea: Give your loved ones hugs.

Fun Idea: Have a dance party in the living room.

Doodling Idea: Hourglass.

Watercoloring Idea: Graduation hat.

## JOURNALING IDEAS

Morning: Simple ways to make next week memorable.

Evening: Interesting conversations you had this week.

Self-Care: Times or moments you feel like you're being your true self.

Gratitude: A thought that brings a smile to your face.

One-Word: Friendly.

