

# 24th of May Daily Planner

## INSPIRATION FOR THE DAY

Wake-Up Song: "Hey Ya" Outkast

Motivation Song: "Keep Holding On" Avril Lavigne

Positive Thought: My favorite sounds in the backyard are...

Inspirational Message: It's today, in the here and now, that life happens.

The future is important, but so is now.

## MEAL IDEAS

Breakfast: Breakfast Tacos

Lunch: Smoked Salmon Pasta

Dinner: Cobb Salad

## DECLUTTERING

Declutter and organize the TV area and coffee table.

## WHAT TO TALK ABOUT

A memorable wedding you attended.

## ACTIVITIES FOR THE DAY

May Bucket List: Have a friend get-together outdoors.

Self-Care Idea: Tidy one small area (e.g., drawer, nightstand).

Fun Idea: Work on a puzzle or crossword.

Romantic Gesture: Take a photo together in a romantic setting.

Doodling Idea: Seashell.

Watercoloring Idea: Squirrel at a squirrel feeder.

## JOURNALING FOR THE DAY

Morning: Someone you can reconnect with this summer.

Evening: Things you'd want to say to your past self 5 years ago.

Self-Care: Memories that bring you joy and why.

Gratitude: An everyday activity or thing that makes you happy.

One-Word: Resourceful.

Ordinary & Happy  
O & H

MAY

SUN

24<sup>TH</sup>