

25th of May Planner

FEEL - GOOD IDEAS

- Wake-Up Song: "Good to Be Alive" Andy Grammer
- Motivation Song: "A Sky Full of Stars" Coldplay
- Positive Thought: I'm grateful to past generations for...
- Inspirational Message: You can still fill these final days of May with joy.

MEALS FOR THE DAY

- Breakfast: Melon Yogurt Parfait
- Lunch: Tomato Soup
- Dinner: Burger Night (e.g., Halloumi, Beef, Chicken)

DECLUTTERING IDEA

- Group similar small items in trays or baskets (e.g., put the remotes in a nice tray).

DEEP CONVERSATION

- The most adventurous volunteering program you'd love to partake in.

ACTIVITIES FOR THE DAY

- May Bucket List: Host or go to a BBQ for Memorial Day.
- Self-Care Idea: Develop a 5-minute skincare routine.
- Fun Idea: Create a cozy nook for yourself at home.
- Romantic Gesture: Plan a barbecue for Memorial Day for the two of you.
- Doodling Idea: Checker board.
- Watercoloring Idea: Parade.

JOURNALING IDEAS

- Morning: If you didn't go away, what you'd do with time off.
- Evening: Things you're looking forward to this summer
- Self-Care: What you've loved about spring.
- Gratitude: Little gestures from those around you that make you feel loved.
- One-Word: Fun.

