

May 26th Ideas & Planner

INSPIRATION

Wake-Up Song: "Twist and Shout" The Beatles

Motivation Song: "Now We Are Free" Hans Zimmer (from Gladiator)

Positive Thought: The best thing about the year so far is...

Inspirational Message: Take initiative. Move toward a life of love and laughter, one step at a time.

WHAT TO MAKE FOR FOOD

Breakfast: Tropical Chia Pudding

Lunch: Caprese Salad

Dinner: Honey Garlic Chicken & Potatoes Sheet-Pan Dinner

DECLUTTERING IDEA

Pick 3 small areas to declutter in 15 minutes.

DEEP CONVERSATION

Something, if anything, you're absolutely certain of about life.

ACTIVITIES AND THINGS TO DO

May Bucket List: Get a new summer outfit or declutter your closet.

Romantic Gesture: Tell them about your favorite memory of them.

Self-Care Idea: Think of a happy memory for a few minutes.

Fun Idea: Try to come up with a creative recipe based on what you have at home.

Doodling Idea: Watermelon.

Watercoloring Idea: Paper airplane.

JOURNALING FOR THE DAY

Morning: Something, just for you, to do before May finishes.

Evening: What 'success' means to you.

Self-Care: What excites you about summer.

Gratitude: A letter to someone you never got the chance to thank but wanted to.

One-Word: Helpful.

