

## INSPIRATION

Wake-Up Song: "Classic" MKTO

Motivation Song: "The Greatest" Sia & Kendrick Lamar

Positive Thought: On my next day off, I'd love to...

Inspirational Message: Don't overlook the simple things today. Joy is all around you.

## FOOD IDEAS

Breakfast: Fried Eggs and Toast

Lunch: Hummus Sandwich

Dinner: Grilled Salmon Salad

## DECLUTTERING IDEA

Set a 15-min timer and tidy and declutter the entryway.

## DEEP CONVERSATION

What living in a floating city would be like.

## ACTIVITIES FOR THE DAY

May Bucket List: Try a new salad recipe.

Self-Care Idea: Play a feel-good song.

Fun Idea: Have a bubble bath or spa night at home.

Romantic Gesture: Tell them all about your future plans with them.

Doodling Idea: Sundress.

Watercoloring Idea: Sunny day at a park.

## JOURNALING

Morning: Simple fun activities to enjoy outdoors.

Gratitude: The last time you felt happy and what you were doing.

Evening: What 'love' means to you.

Self-Care: Times you felt inspired and why.

One-Word: Talented.