

May 30th

Planner & Ideas

INSPIRATIONAL IDEAS

Wake-Up Song: "We Are the People" Empire of the Sun

Motivation Song: "Could Have Been Me" The Struts

Positive Thought: Right now, I'd love to just...

Inspirational Message: Let your heart be open to love and opportunity.

WHAT TO MAKE FOR FOOD

Breakfast: Mushroom & Cheese Omelet

Lunch: Sausage Cheese Sandwich with Roasted Pepper

Dinner: Lemon Butter Fish with Potatoes

DECLUTTERING

Set a 15-min timer and focus on the area that bothers you the most.

DEEP CONVERSATION

A feeling you can't explain.

ACTIVITIES FOR THE DAY

May Bucket List: Have an outdoor picnic on a nice day.

Self-Care Idea: Write down your worries on paper and shred it/toss it.

Fun Idea: Write down your wins from the month and celebrate them.

Romantic Gesture: Frame the photo you took earlier this month and give it to them.

Doodling Idea: Lighthouse.

Watercoloring Idea: Flowers in your backyard.

JOURNALING IDEAS

Morning: Parks or scenic places you can unwind at.

Evening: Meaningful moments from this week.

Self-Care: Something you don't give yourself enough credit for.

Gratitude: Tough decisions that you made that helped you get where you are today.

One-Word: Fortunate.

Ordinary & Happy
O & H

MAY

SAT

30TH