

31st of May

Daily Planner

INSPIRATION

Wake-Up Song: "Best Day of My Life" American Authors

Motivation Song: "Hold on Tight" Electric Light Orchestra

Positive Thought: May has been great because...

Inspirational Message: There's still so much of the year left. Don't give up on your goals.

MEALS FOR THE DAY

Breakfast: Egg & Sausage Breakfast Bowl

Lunch: Cranberry Pecan Salad

Dinner: Burger Night or BBQ Night

DECLUTTERING IDEA

Do a 15-min declutter of your outdoor area in preparation for summer.

CONVERSATION TOPIC

Which of these conversations from this past month are the most memorable.

ACTIVITIES AND FUN IDEAS

May Bucket List: Start working on your summer bucket list.

Self-Care Idea: Write down three good things that happened this month.

Fun Idea: Compile your smiling or laughing selfies into a slideshow.

Romantic Gesture: Create a countdown to a fun surprise for them.

Doodling Idea: Bluebells.

Watercoloring Idea: Macaroons.

ALL-DAY JOURNALING

Morning: One absolute must-do thing for the summer.

Evening: How this month went and what you loved about it.

Gratitude: The best things that happened in May.

One-Word: Important.

Self-Care: Places you can go outside for 'me time'/to relax that are easy to get to.

Ordinary & Happy
O & H

MAY

SUN

31ST