

May 1st Planner & Inspiration

INSPIRATION FOR THE DAY

Wake-Up Song: "On Top of the World" Imagine Dragons

Motivation Song: "We Are the Champions" Queen

Positive Thought: This May, I'll put more time into things I love, like...

Inspirational Message: Be inspired by the birds, the flowers, and the sunshine.

MEALS FOR THE DAY

Breakfast: Fresh Fruit

Lunch: Avocado with Chicken Salad

Dinner: Chicken Souvlaki Pita Wraps

WHAT TO DECLUTTER

Decluttering Idea: Set a 15-min timer and go through your hobby items.

WHAT TO TALK ABOUT

Deep Talk: An aerial view of anywhere or anything in the world you'd love to see.

ACTIVITIES AND THINGS TO DO

May Bucket List: Start a themed journal (like motivation, gratitude, or confidence).

Self-Care Idea: Write down three things you love about yourself.

Fun: Take a selfie of you smiling or laughing every day this month.

Romantic Gesture: Plan at least one date night this month.

Doodling Idea: Flame

Watercoloring Idea: College campus sign.

WHAT TO JOURNAL ABOUT

Morning: Something unfinished from April to make a plan for.

Evening: Top three goals for May.

Self-Care: Intentions for May.

Gratitude: The best thing that happened in April.

One-Word: Exceptional

Ordinary & Happy
O & H

MAY

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1ST