

Ideas to Start Your Weekend Well

IDEAS TO INSPIRE YOU

Wake-Up Song: "It's a Beautiful Day" Michael Bublé

Motivation Song: "Beautiful Day" U2

Positive Thought : When I sit and intently listen, I can hear the beautiful sound of...

Inspirational Message: You don't always have to be moving forward. Sometimes taking a step back is the right move.

MEALS YOU COULD MAKE

Breakfast: Pancakes

Lunch: Mediterranean Chopped Salad

Dinner: Creamy Sausage Pasta with Roasted Peppers

DECLUTTERING IDEA

Find 3 items in your closet you haven't worn in the last 12 months to give away.

DEEP CONVERSATION

Something you instinctively did in the heat of a moment.

ACTIVITIES AND FUN IDEAS

May Bucket List: Watch the Kentucky Derby race.

Self-Care Idea: Add a new image to your vision board.

Fun: Dance in your bedroom for 4 minutes.

Romantic Gesture: Make them a themed snack or drink (for a Kentucky Derby watch party).

Doodling Idea: Clock.

Watercoloring Idea: Truffles.

JOURNALING IDEAS

Morning: One thing you can simplify in your schedule.

Evening: Steps to take to achieve your goals for May.

Self-Care : Things that excite you about May.

Gratitude: A piece of good news you've received so far this year.

One-Word: Appreciated.

