

# May 3rd Planner & Ideas

## ALL-DAY INSPIRATION

Wake-Up Song: "Have a Nice Day" Stereophonics

Motivation Song: "A Million Dreams" P!nk

Positive Thought: Even when I'm busy, I'm inspired by...

Inspirational Message: Let the starry sky at night inspire you to dream big.

## WHAT TO MAKE FOR FOOD

Breakfast: Avocado Toast with Smoked Salmon

Lunch: Tomato Burrata Salad

Dinner: Chicken Burrito Bowl

## DECLUTTERING IDEA

Go through your shoes and donate the uncomfortable ones.

## DEEP CONVERSATION

A time you danced long into the night.

## IDEAS FOR THE DAY

May Bucket List: Take at least 10 spring-themed photos this month.

Self-Care Idea: Go outside to watch the sunset for a few minutes.

Fun: Play Jenga.

Romantic Gesture: Surprise them with breakfast in bed.

Doodling Idea: Bridge over a river.

Watercoloring Idea: Lillies of the valley.

## JOURNALING IDEAS

Morning: A conversation that could move one of your goals forward.

Gratitude: The best weekend or day off you had this year, and the reason it was so great.

Evening: Something fun you did today.

Self-Care: Things that make you unique.

One-Word: Beautiful

Ordinary & Happy  
O & H

MAY

SUN

3RD