

Easy Ideas *for* May 6th

INSPIRATION

Wake-Up Song: "Wake Up" Arcade Fire

Motivation Song: "On Top of the World" Imagine Dragons

Positive Thought: A moment of kindness I saw today was...

Inspirational Message: Don't let unnecessary noise get in the way of your success.

WHAT TO MAKE FOR FOOD

Breakfast: Mango Banana Smoothie

Lunch: Halloumi Wrap

Dinner: Sausages with Mashed Potatoes, Mushrooms, and Roasted Peppers

DECLUTTERING IDEA

Start organizing clothes using a system (e.g., color-coding, by item).

DEEP CONVERSATION

A time you found courage you didn't realize was inside you.

ACTIVITIES FOR THE DAY

May Bucket List: Go to a flower festival or visit a botanical garden.

Self-Care Idea: Write down three things you're grateful for.

Fun Idea: Recite a tongue twister poem.

Romantic Gesture: Dance together to a romantic song at home after work.

Doodling Idea: Orange slices.

Watercoloring Idea: Fresh fruit and berry basket.

JOURNALING FOR THE DAY

Morning: Sunset walks you could go on.

Evening: Positive things to focus on tomorrow.

Self-Care: Activities that help bring you a sense of inner calm.

Gratitude: Your favorite photo from this year and why.

One-Word: Better.

Ordinary & Happy
O & H

MAY

WED

6TH