

1st of July *Planner*

Ordinary & *Happy*

INSPIRATION FOR THE DAY

You're halfway through the year. Make the second half unforgettable!

- **Wake-Up Song:** "Sunshine On a Rainy Day" Zoë
- **Positive Thought:** I'm proud of the way I...

MEALS TO MAKE

- **Breakfast:** Peach Yogurt Parfait
- **Lunch:** Italian Deli Panini
- **Dinner:** Shrimp Tacos

DECLUTTERING IDEAS

- **Decluttering:** Clean and organize any grilling tools for the 4th of July & grilling season.
- **Digital Decluttering:** Archive or delete 100+ old emails you don't need.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Go bookstore browsing after work.
- **Self-Care:** Write down ten things you're grateful for.
- **Romantic Idea:** Write sweet notes for each other and hide them in the house to find throughout the month.
- **Kindness:** Compliment a loved one in a quick message.
- **Doodling Idea:** Dropped ice cream melting on the patio.
- **Watercoloring Idea:** Water balloons.

DEEP
TALK

A summer that changed you.

JOURNALING FOR THE DAY

- **Morning:** Describe the perfect summer morning.
- **Evening:** Something you're looking forward to this month.
- **Gratitude:** Something that happened this year that made your life better.
- **Self-Care:** One way to make your patio or garden more relaxing.
- **One-Word:** Play.