

June 2nd Ideas

Ordinary & Happy

INSPIRATION FOR THE DAY

You have the power to create change.

- **Wake-Up Song:** "Brighter than the Sun" Colbie Caillat
- **Positive Thought:** When I step outside and feel the sunshine on my skin, I feel...
- **Song to Make You Feel Beautiful:** "Perfect" Anne-Marie

MEALS TO MAKE

- **Breakfast:** Berry yogurt parfait
- **Lunch:** Lemon shrimp salad
- **Dinner:** Ground beef quesadillas

DECLUTTERING IDEA

Set a 15-min timer and find items that are out in the open to donate.

DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Drive or walk to a new place to explore today.
- **Self-Care Idea:** Write in a gratitude journal.
- **Simple Fun:** Dance to your favorite summer songs.
- **Romantic Idea:** Get them a small but meaningful gift.
- **Kindness Idea:** Take cookies or cupcakes to work.
- **Doodling Idea:** Airplane.
- **Watercoloring Idea:** Vintage camper van.

DEEP CHAT

A summer that mattered and why.

JOURNALING FOR THE DAY

- **Morning:** Top three priorities for this month.
- **Evening:** Someone or something that made your day better today.
- **Gratitude:** A place that makes you feel safe and happy.
- **Self-Care:** Things that excite you about June.
- **One-Word:** Sunset.