

3rd of June Planner

Ordinary & *Happy*

INSPIRATION FOR THE DAY

Take things one day at a time.

- **Wake-Up Song:** "Don't Worry, Be Happy" Bobby McFerrin
- **Positive Thought:** When I lie on the grass and look up, I...
- **Song to Make You Feel Beautiful:** "You're Beautiful" James Blunt

FOODS TO MAKE

- **Breakfast:** Toast and jam
- **Lunch:** Tomato burrata salad
- **Dinner:** Chicken burrito bowl with cilantro-lime rice

DECLUTTERING IDEA

Pretend guests are coming over and reset the entryway, putting away what you don't need.

DECLUTTERING COMPLETED

WHAT TO DO TODAY

- **Micro-Adventure:** Try a new dish that you haven't had before.
- **Self-Care Idea:** Go for a quick walk outside.
- **Simple Fun:** Take sunset photos.
- **Romantic Idea:** Tell them how proud you are of them.
- **Kindness Idea:** Send thank-you messages to three people in your life.
- **Doodling Idea:** Gelato cone.
- **Watercoloring Idea:** Colorful Hot Air Balloon.

DEEP CHAT

A place you'd visit that felt completely different from daily life.

JOURNALING IDEAS

- **Morning:** Fun things to do this summer.
- **Evening:** Something you've done that made someone else's day better.
- **Gratitude:** A moment when everything was 'just right'.
- **Self-Care:** Things you're grateful for today.
- **One-Word:** Seaside.