

6th of June Planner

Ordinary & *Happy*

INSPIRATION FOR THE DAY

You deserve a break!

- **Wake-Up Song:** “The 59th Street Bridge Song (Feelin’ Groovy)” Simon & Garfunkel
- **Positive Thought:** Something I won’t take for granted this summer is...
- **Song to Make You Feel Beautiful:** “Love Myself” Hailee Steinfeld

MEALS TO MAKE

- **Breakfast:** Avocado toast with smoked salmon
- **Lunch:** Watermelon halloumi salad
- **Dinner:** Stuffed chicken breast & mashed potatoes

DECLUTTERING IDEA

Pick the visible area that’s been bothering you the most, set a 20-min timer, and declutter what you can.

DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Have a sunset journaling session outdoors.
- **Self-Care Idea:** Stargaze from your backyard or window.
- **Simple Fun:** Go for a leisurely walk at the botanical garden.
- **Romantic Idea:** Road trip to a place that holds special meaning to them.
- **Kindness Idea:** Offer to mow an elderly neighbor’s lawn.
- **Doodling Idea:** Seashell.
- **Watercoloring Idea:** Camping tent.

DEEP CHAT

Someone from a past summer you’d love to meet today to see what they’re up to.

JOURNALING FOR THE DAY

- **Morning:** Something fun to do this weekend.
- **Evening:** Describe your ideal summer day.
- **Gratitude:** Something you’ve done that you’re proud of.
- **Self-Care:** Something you want to let go of.
- **One-Word:** Stargazing.