

# 7th of June Planner

Ordinary & *Happy*

## GET INSPIRED

Slow down and enjoy the day.

- **Wake-Up Song:** "Listen to the Music" The Doobie Brothers
- **Positive Thought:** I'll tell the people I love with all my heart that...
- **Song to Make You Feel Beautiful:** "You're so Beautiful" Empire Cast ft. Jussie Smollett & Yazz

## FOOD IDEAS

- **Breakfast:** Spinach & feta omelet
- **Lunch:** Smoked salmon salad
- **Dinner:** Greek-inspired pasta salad

## DECLUTTERING

Clear the kitchen countertop and only return what you use daily.

DECLUTTERING COMPLETED

## ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Go on a themed photo walk (e.g., only one color, doors only, interesting architecture).
- **Self-Care Idea:** Reflect on a favorite memory.
- **Simple Fun:** Go on a day trip to the beach or a lake nearby.
- **Romantic Idea:** Create a relationship-themed personalized scavenger quest.
- **Kindness Idea:** Put together a gift basket for someone.
- **Doodling Idea:** Picnic basket.
- **Watercoloring Idea:** Packed suitcase.

## DEEP CHAT

A summer you convinced yourself to change your path, even if you didn't.

## JOURNALING FOR THE DAY

- **Morning:** Things to do today to recharge.
- **Evening:** Something that made you smile or laugh today.
- **Gratitude:** A past decision you're thankful for.
- **Self-Care:** What you need more of in your life now.
- **One-Word:** Swimming.