

# 8th of June Planner

Ordinary & *Happy*

## INSPIRATION FOR THE DAY

Believe in yourself and all that you are.

- **Wake-Up Song:** "Lovely Day" Bill Withers
- **Positive Thought:** A place that makes me happy in the sunshine is...
- **Song to Make You Feel Beautiful:** "She" Elvis Costello (from Notting Hill)

## MEALS TO MAKE

- **Breakfast:** Mango raspberry yogurt parfait
- **Lunch:** Chicken salad sandwich
- **Dinner:** Shakshuka (eggs baked in tomato sauce)

## DECLUTTERING IDEA

Clear the bathroom countertop and only keep what you absolutely need.

DECLUTTERING COMPLETED

## WHAT TO DO TODAY

- **Micro-Adventure:** Learn a few phrases in another language.
- **Self-Care Idea:** Take a quick nap.
- **Simple Fun:** Journal about your day for a few minutes.
- **Romantic Idea:** Send them a 'thinking of you' text.
- **Kindness Idea:** Try to smile more today.
- **Doodling Idea:** Road sign.
- **Watercoloring Idea:** Hiking boots.

## DEEP CHAT

Someone from a past summer whose words left a lasting impression on you.

## JOURNALING FOR THE DAY

- **Morning:** Top goals for this week.
- **Evening:** A mistake you're ultimately glad you made.
- **Gratitude:** Something beautiful you've seen this year.
- **Self-Care:** The thing you love most about yourself.
- **One-Word:** Adventure.