

# 11th of June Planner

Ordinary & *Happy*

## INSPIRATION IDEAS

Trust the process.

- **Wake-Up Song:** "Mr. Blue Sky" Electric Light Orchestra
- **Positive Thought:** Before the sun sets, I'll look away from my screens and...
- **Song to Make You Feel Beautiful:** "I Love Me" Meghan Trainor

## FOOD IDEAS

- **Breakfast:** Breakfast egg wrap
- **Lunch:** Chopped salad
- **Dinner:** Salmon quinoa bowl

## DECLUTTERING

Remove everything from the top of the dresser and only return 2-3 essential items.

DECLUTTERING COMPLETED

## WHAT TO DO TODAY

- **Micro-Adventure:** Try a new sports activity today (e.g., indoor rock climbing, martial arts, racquetball).
- **Self-Care:** Dance at home to your favorite songs.
- **Simple Fun:** Pick a book to read this summer.
- **Romantic Idea:** Send them a video that will make them laugh or smile.
- **Kindness:** Talk to at least one new person today.
- **Doodling Idea:** Boarding pass.
- **Watercoloring Idea:** Jet ski on a lake.

## DEEP TALK

A group of total strangers that came together and defined a summer for you.

## ALL-DAY JOURNALING

- **Morning:** Something you can do to be happier today.
- **Evening:** Activities that make you feel recharged.
- **Gratitude:** A memory that makes you smile.
- **Self-Care:** A kind message your future self would have for you.
- **One-Word:** Lemonade.