

14th of June Planner

Ordinary & *Happy*

INSPIRATION FOR THE DAY

Do something just for yourself!

- **Wake-Up Song:** "What a Wonderful World" Louis Armstrong
- **Positive Thought:** I'm proud of where I'm from because...
- **Song to Make You Feel Beautiful:** "You to Me Are Everything" The Real Thing

MEALS TO MAKE

- **Breakfast:** Egg muffins
- **Lunch:** Grilled chicken salad
- **Dinner:** Lemon parmesan pasta with grilled chicken or shrimp

DECLUTTERING IDEA

Pick a color and declutter items in the open in that color.

DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Have a day at the pool or at a lake.
- **Self-Care:** Try 15 minutes of pilates or stretching.
- **Simple Fun:** Try a new flavor of iced coffee.
- **Romantic Idea:** Leave a sweet message on the refrigerator for them.
- **Kindness:** Volunteer as a tutor or mentor.
- **Doodling Idea:** Sunhat.
- **Watercoloring Idea:** Scuba mask.

DEEP
CHAT

A summer journey you'll never go on again.

JOURNALING FOR THE DAY

- **Morning:** Something you can do to make today amazing.
- **Evening:** Describe the best day you had this year.
- **Gratitude:** A goal you reached that once felt impossible.
- **Self-Care:** Things that inspire you to keep going.
- **One-Word:** Hammock.