

# 15th of June Planner

Ordinary & *Happy*

## INSPIRATION FOR THE DAY

You're capable of great things.

- **Wake-Up Song:** "Don't Stop Believin'" Journey
- **Positive Thought:** A summer activity I'm looking forward to is...
- **Song to Make You Feel Beautiful:** "Something" The Beatles

## MEALS TO MAKE

- **Breakfast:** Smoked salmon breakfast sandwich
- **Lunch:** Ham and cheese wrap
- **Dinner:** Frittata with side salad

## DECLUTTERING

Pick a number between 1 and 6 and find that many items to donate.

DECLUTTERING COMPLETED

## WHAT TO DO TODAY

- **Micro-Adventure:** Order a different coffee from your usual (ideally something new for you to try).
- **Self-Care:** Doodle or sketch anything for 15 minutes.
- **Simple Fun:** Go window shopping.
- **Romantic Idea:** Watch the sunset together from a scenic spot.
- **Kindness:** Say 'thank you' to people today.
- **Doodling Idea:** Sun loungers.
- **Watercoloring Idea:** Flip flops on a beach.

## DEEP CHAT

The last big extended family vacation you took.

## ALL-DAY JOURNALING

- **Morning:** Skills you want to work on this week.
- **Evening:** Ways you could be kinder to yourself.
- **Gratitude:** Someone who believed in you before you did.
- **Self-Care:** Ways to recharge this week.
- **One-Word:** Midnight.