

16th of June Planner

Ordinary & *Happy*

INSPIRATION FOR THE DAY

You're stronger than you think.

- **Wake-Up Song:** "Dancing on the Ceiling" Lionel Richie
- **Positive Thought:** When I think of the sweetest summer fruits, I picture...
- **Song to Make You Feel Beautiful:** "Angel of the Morning" Juice Newton

MEALS TO MAKE

- **Breakfast:** Banana chia pudding
- **Lunch:** Halloumi and orange salad
- **Dinner:** Tacos with guacamole

DECLUTTERING IDEA

Pick a letter and declutter items in the open that start with that letter.

DECLUTTERING COMPLETED

THINGS YOU COULD DO

- **Micro-Adventure:** Stargaze and try to identify different constellations.
- **Self-Care:** Sit outside in the sun for 15 minutes.
- **Simple Fun:** Have lunch or dinner outdoors.
- **Romantic Idea:** Serenade them with a love song.
- **Kindness:** Let someone go ahead of you in line.
- **Doodling Idea:** Beach ball.
- **Watercoloring Idea:** Mountains in the distance.

DEEP CHAT

Someone from a past summer you never said a proper goodbye to.

JOURNALING IDEAS

- **Morning:** Top three things you're grateful for.
- **Evening:** Things that are going well in your life right now.
- **Gratitude:** Talents you've been complimented on.
- **Self-Care:** A reminder you need to hear today.
- **One-Word:** Boardwalk.