

17th of June Planner

Ordinary & *Happy*

SIMPLE INSPIRATION

Remember: progress, not perfection.

- **Wake-Up Song:** “Karma Chameleon” Culture Club
- **Positive Thought:** When I look out of the window, I’m drawn to...
- **Song to Make You Feel Beautiful:** “Gorgeous” Olivia Knox

FOOD IDEAS

- **Breakfast:** Cherry banana smoothie
- **Lunch:** Deli turkey wrap
- **Dinner:** Cajun chicken with tomato rice

DECLUTTERING IDEA

Pick a room, set a 15-min timer, and declutter only during that time.

DECLUTTERING COMPLETED

ACTIVITIES AND IDEAS

- **Micro-Adventure:** Go shopping at a grocery store you haven’t tried before.
- **Self-Care:** Try doing a crossword or brain teasers.
- **Simple Fun:** Change your phone background to a summer photo.
- **Romantic Idea:** Share your goals and dreams together.
- **Kindness:** Share your favorite uplifting movies or books with a friend.
- **Doodling Idea:** Cruise ship.
- **Watercoloring Idea:** Compass and map.

DEEP CHAT

Most memorable summer you’ve had so far.

ALL-DAY JOURNALING

- **Morning:** Positive things to focus on today.
- **Evening:** Romantic Idea
- **Gratitude:** The most thoughtful thing someone’s done for you.
- **Self-Care:** Activities that make you feel happy.
- **One-Word:** Breeze.