

# 18th of June Planner

Ordinary & *Happy*

## DAILY INSPIRATION

Don't watch the clock; keep going!

- **Wake-Up Song:** "Walking on Sunshine" Katrina & the Waves
- **Positive Thought:** Something that's always better outdoors is...
- **Song to Make You Feel Beautiful:** "Wonderful Tonight" Eric Clapton

## MEALS TO MAKE

- **Breakfast:** Mushroom & cheese omelet
- **Lunch:** Caprese salad
- **Dinner:** Spanish chorizo pasta

## DECLUTTERING IDEA

At whatever time you declutter, spend that many minutes to declutter (e.g., 5 min at 5 pm).

DECLUTTERING COMPLETED

## THINGS YOU COULD DO TODAY

- **Micro-Adventure:** Look up the top things to do in your city & do the one you haven't tried yet.
- **Self-Care:** Print and frame your favorite quote.
- **Simple Fun:** Try making popsicles at home.
- **Romantic Idea:** Compliment them.
- **Kindness:** Offer to help a friend with something they need.
- **Doodling Idea:** Beach bag.
- **Watercoloring Idea:** Colorful beach umbrellas.

## DEEP CHAT

A summer job you wanted to stay on and do for the rest of the year.

## JOURNALING FOR THE DAY

- **Morning:** Tasks you've been putting off and how to get them done.
- **Evening:** A place that feels peaceful to you and why.
- **Gratitude:** A chance you got that not everyone gets.
- **Self-Care:** One way to treat yourself this weekend.
- **One-Word:** Camping.