

19th of June Planner

Ordinary & *Happy*

INSPIRATION FOR THE DAY

Quality weekend time isn't too far.

- **Wake-Up Song:** "Top of the World" The Carpenters
- **Positive Thought:** My neighborhood is great because...
- **Song to Make You Feel Beautiful:** "Masterpiece" Jessie J

FOOD IDEAS

- **Breakfast:** Yogurt bowl
- **Lunch:** Panzanella salad
- **Dinner:** Chicken quesadillas with guacamole

DECLUTTERING

Find 3 items to toss, 3 items to donate, and 3 items to relocate.

DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Go to the grocery store and pick some snacks you've not tried before.
- **Self-Care:** Reflect on your goals for the rest of the year.
- **Simple Fun:** Road trip to a place nearby you haven't been to yet.
- **Romantic Idea:** Go on a romantic weekend away or have a staycation.
- **Kindness:** Send a friend a gift card just because.
- **Doodling Idea:** Lemonade jar.
- **Watercoloring Idea:** Sailboat.

DEEP CHAT

A summer camp you have fond memories of.

JOURNALING FOR THE DAY

- **Morning:** Something that would energize you today.
- **Evening:** A time you were glad you listened to your intuition.
- **Gratitude:** A thing you own that you've wanted for a long time.
- **Self-Care:** Your favorite place in the world and why.
- **One-Word:** Tide.