

# 20th of June Planner

Ordinary & *Happy*

## INSPIRATION FOR THE DAY

Be proud of everything you've achieved.

- **Wake-Up Song:** "Do You Believe in Magic" The Lovin' Spoonful
- **Positive Thought:** A community I'm proud to be a part of is...
- **Song to Make You Feel Beautiful:** "Perfect" Ed Sheeran

## MEALS TO MAKE

- **Breakfast:** Pineapple melon smoothie
- **Lunch:** Avocado toast with burrata
- **Dinner:** Chicken & garlic butter potatoes with lemon

## DECLUTTERING IDEA

Find a spot that would make for a great before-and-after photo and declutter it.

DECLUTTERING COMPLETED

## ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Go to a new brunch place and try something you've never had before.
- **Self-Care:** Go on a photo walk.
- **Simple Fun:** Enjoy a day of outdoor games like badminton.
- **Romantic Idea:** Have a movie night in with their favorite snacks.
- **Kindness:** Offer to babysit for a friend or family member.
- **Doodling Idea:** Hotel sign.
- **Watercoloring Idea:** Unicorn pool floatie.

DEEP  
CHAT

A summer bucket list item you're proud you checked off.

## ALL-DAY JOURNALING

- **Morning:** Habits you want to work on.
- **Evening:** Things you love about where you live.
- **Gratitude:** A unique positive life experience you've had.
- **Self-Care:** Your favorite inspirational quote and why.
- **One-Word:** Barefoot.