

# 21st of June Planner

Ordinary & *Happy*

## INSPIRATION FOR THE DAY

You're a star!

- **Wake-Up Song:** "Dance to the Music" Sly & The Family Stone
- **Positive Thought:** As the sun sets, I'll make a promise to myself to...
- **Song to Make You Feel Beautiful:** "Who Says" Selena Gomez & The Scene

## MEALS TO MAKE

- **Breakfast:** Yogurt parfait with mango & pineapple
- **Lunch:** Chicken panini
- **Dinner:** Salmon skewers with avocado sauce and rice

## DECLUTTERING IDEA

In the kitchen, clear the window sill and the top of the fridge.

DECLUTTERING COMPLETED

## ACTIVITIES AND IDEAS FOR THE DAY

- **Micro-Adventure:** Have a BBQ and try a new recipe.
- **Self-Care:** Close your eyes and imagine your dream house.
- **Simple Fun:** Plan something special for Father's Day or have a BBQ.
- **Romantic Idea:** Create a playlist of meaningful songs to share with them.
- **Kindness:** Host a BBQ for family/friends for Father's Day.
- **Doodling Idea:** Butterfly.
- **Watercoloring Idea:** Guitar on a blanket.

## DEEP CHAT

A summer before a big life change, and how you felt.

## JOURNALING FOR THE DAY

- **Morning:** Something you're proud of.
- **Evening:** Reasons you're proud of the person you're becoming.
- **Gratitude:** Something you've overcome that once felt impossible to overcome.
- **Self-Care:** People you want to connect with more.
- **One-Word:** Lake.