

22nd of June Planner

Ordinary & *Happy*

INSPIRATION FOR THE DAY

Embrace the week!

- **Wake-Up Song:** "On Top of the World" Imagine Dragons
- **Positive Thought:** When I sit and just listen, I can hear...
- **Song to Make You Feel Beautiful:** "What Makes You Beautiful" One Direction

MEALS TO MAKE

- **Breakfast:** Mango coconut oatmeal
- **Lunch:** Frittata slice with side salad
- **Dinner:** Pesto spinach ricotta ravioli

DECLUTTERING IDEA

In the living room, remove excess knick-knacks and throw pillows.

DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Have a mini picnic for your lunch break or after work.
- **Self-Care:** Put together a spa basket to use whenever you want.
- **Simple Fun:** Try different sunglasses.
- **Romantic Idea:** Take them to a place they've been meaning to visit.
- **Kindness:** Send a loved one an encouraging message today.
- **Doodling Idea:** Instant camera.
- **Watercoloring Idea:** Colorful summer hat.

DEEP
CHAT

A summer tradition you want to keep going.

JOURNALING FOR THE DAY

- **Morning:** Things you're looking forward to this week.
- **Evening:** Dreams and goals you have that you haven't shared with anyone.
- **Gratitude:** A decision that changed your life in a positive way.
- **Self-Care:** Small ways to celebrate yourself.
- **One-Word:** Wander.