

23rd of June Planner

Ordinary & Happy

INSPIRATION FOR THE DAY

Every day is a fresh start; make it count!

- **Wake-Up Song:** "Good Life" OneRepublic
- **Positive Thought:** When I picture lapping waves, I think of...
- **Song to Make You Feel Beautiful:** "She" Harry Styles

FOODS TO MAKE

- **Breakfast:** Green smoothie
- **Lunch:** Halloumi bagel with pesto yogurt
- **Dinner:** Beef burritos with cilantro-lime rice

DECLUTTERING IDEA

In the bedroom, make the bed, put away the laundry, and declutter excess decor items.

DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Take a cooking class to learn something new.
- **Self-Care:** Do nothing for 15 minutes today.
- **Simple Fun:** Send a message to someone you want to reconnect with.
- **Romantic Idea:** List all the reasons you love them and share it with them.
- **Kindness:** Do something kind for yourself today.
- **Doodling Idea:** Sunscreen bottle.
- **Watercoloring Idea:** Fruit popsicle.

DEEP CHAT

A promise you made at the end of a summer you couldn't keep.

JOURNALING FOR THE DAY

- **Morning:** Ways to make today better than yesterday.
- **Evening:** A small win you've had recently.
- **Gratitude:** The people who were by your side during difficult times.
- **Self-Care:** Ways you've shown resilience lately.
- **One-Word:** Barbecue.