

24th of June Planner

Ordinary & *Happy*

INSPIRATION FOR THE DAY

The best is yet to come.

- **Wake-Up Song:** "I'll Be There for You" The Rembrandts
- **Positive Thought:** The year has been great so far because...
- **Song to Make You Feel Beautiful:** "You Are Enough" Sleeping At Last

MEALS TO MAKE

- **Breakfast:** Mango passion fruit smoothie
- **Lunch:** Club sandwich
- **Dinner:** Crab cake salad with lemon vinaigrette

DECLUTTERING IDEA

In the bathroom, declutter the toiletries, combining duplicates.

DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Visit a local 'hidden gem'.
- **Self-Care:** Try a body scrub at home today.
- **Simple Fun:** Try a new summer salad recipe.
- **Romantic Idea:** Frame a sweet photo of the two of you.
- **Kindness:** Make an uplifting playlist for a friend going through a difficult time.
- **Doodling Idea:** Dolphin.
- **Watercoloring Idea:** Pink flamingo.

DEEP CHAT

A place you went back to years later, but it simply wasn't the same.

JOURNALING FOR THE DAY

- **Morning:** Things to do today to get closer to your goals.
- **Evening:** Things that make you feel at ease.
- **Gratitude:** Happy memories from your favorite family or friend get-together.
- **Self-Care:** Times you surprised yourself in a positive way.
- **One-Word:** Carefree.