

25th of June Planner

Ordinary & *Happy*

INSPIRATION FOR THE DAY

Stay motivated and make today amazing!

- **Wake-Up Song:** "Best Day of My Life" American Authors
- **Positive Thought:** A book I want to read is...
- **Song to Make You Feel Beautiful:** "All of Me" John Legend

FOOD IDEAS

- **Breakfast:** Strawberry banana chia pudding
- **Lunch:** Smoked salmon bagel sandwich
- **Dinner:** Cobb salad

DECLUTTERING

In the entryway, remove everything not in season or not used near-daily.

DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Have an evening of listening to music.
- **Self-Care:** Pick 10 recent photos you love and send them to print.
- **Simple Fun:** Have a DIY self-care or glow-up evening.
- **Romantic Idea:** Have dinner at their favorite restaurant.
- **Kindness:** Walk a neighbor's dog (if they need help).
- **Doodling Idea:** Flower bouquet.
- **Watercoloring Idea:** Lighthouse at sunset.

DEEP CHAT

A spontaneous summer adventure.

TODAY'S JOURNALING

- **Morning:** Songs that inspire you and boost your mood.
- **Evening:** The best things about getting older.
- **Gratitude:** Your favorite birthday or celebration.
- **Self-Care:** Ways to improve your work-life balance.
- **One-Word:** Seashell.