

# 26th of June Planner

Ordinary & *Happy*

## SIMPLE INSPIRATION

You've got this!

- **Wake-Up Song:** "Jump" Van Halen
- **Positive Thought:** If I messaged my group chat, right now, I could say...
- **Song to Make You Feel Beautiful:** "Confident" Demi Lovato

## MEALS TO MAKE

- **Breakfast:** Peanut butter banana yogurt parfait
- **Lunch:** Veggie wrap with hummus & feta
- **Dinner:** Fish and chips with tartar sauce

## DECLUTTERING IDEA

In the home office, declutter cables, chargers, and electronics.

DECLUTTERING COMPLETED

## ACTIVITIES AND IDEAS FOR THE DAY

- **Micro-Adventure:** Try a dance class (like salsa, tango, or ballroom dancing).
- **Self-Care:** Tidy your purse or wallet.
- **Simple Fun:** Have a burger night with friends/family.
- **Romantic Idea:** Go for a walk at the botanical garden.
- **Kindness:** Take some baked goods to an elderly neighbor.
- **Doodling Idea:** Pineapple.
- **Watercoloring Idea:** Ferris wheel.

## DEEP TALK

Something you didn't do in a past summer that you still think about.

## JOURNALING FOR THE DAY

- **Morning:** Ways to be more creative today.
- **Evening:** Family traditions you love.
- **Gratitude:** The best decision you've ever made.
- **Self-Care:** Activities that make you lose track of time.
- **One-Word:** Sunny.