

27th of June Planner

Ordinary & *Happy*

IDEAS TO INSPIRE YOU

Stay true to yourself.

- **Wake-Up Song:** "I Gotta Feeling" Black Eyed Peas
- **Positive Thought:** A place that's just for me, free of distractions, is...
- **Song to Make You Feel Beautiful:** "This is Me" Keala Settle

MEALS TO MAKE

- **Breakfast:** Oatmeal with your favorite toppings
- **Lunch:** Avocado, tomato & mozzarella salad
- **Dinner:** Burgers and fries with side salad

DECLUTTERING IDEA

In the dining room, clear the dining table.

DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Try a fun water activity (e.g., tubing, surfing, paddleboarding).
- **Self-Care:** Do a simple chore you actually want to do.
- **Simple Fun:** Make s'mores by a campfire.
- **Romantic Idea:** Have a picnic in the park or backyard.
- **Kindness:** Plan a brunch or get-together with friends.
- **Doodling Idea:** Jellyfish.
- **Watercoloring Idea:** Postcard.

DEEP CHAT

A summer you wished you appreciated more in the moment.

JOURNALING FOR THE DAY

- **Morning:** Weekend getaways you could go on.
- **Evening:** Family traditions you'd want to start.
- **Gratitude:** Things you love about the present.
- **Self-Care:** The ideal self-care day.
- **One-Word:** Watermelon.