

28th of June Planner

Ordinary & *Happy*

DAILY INSPIRATION

Rest is important.

- **Wake-Up Song:** "Can't Stop the Feeling!" Justin Timberlake
- **Positive Thought:** Someone I'd love to go on a summer trip with is...
- **Song to Make You Feel Beautiful:** "All About That Bass" Meghan Trainor

FOOD IDEAS

- **Breakfast:** Frittata
- **Lunch:** Avocado toast with feta and blistered tomatoes
- **Dinner:** Nachos with chicken, refried beans, and guacamole

DECLUTTERING IDEA

Declutter wall shelves for 20 minutes.

DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Try geocaching.
- **Self-Care:** Do some deep-breathing exercises.
- **Simple Fun:** Explore a farmers' market nearby.
- **Romantic Idea:** Create a 'coupon book' with suggestions for at-home dates.
- **Kindness:** Participate in a beach or park clean-up day.
- **Doodling Idea:** Retro convertible.
- **Watercoloring Idea:** Kite in the sky.

DEEP CHAT

A summer where you felt a part of something bigger.

JOURNALING FOR THE DAY

- **Morning:** Things you want more of in your life.
- **Evening:** Friends you want to spend more time with.
- **Gratitude:** Things you love about your past.
- **Self-Care:** Your favorite feel-good songs.
- **One-Word:** Sandcastle.