

# 29th of June Planner

Ordinary & *Happy*

## INSPIRATION FOR THE DAY

You're stronger than you know!

- **Wake-Up Song:** "Superheroes" The Script
- **Positive Thought:** This month, I'm proud of...
- **Song to Make You Feel Beautiful:** "Dancing Queen" ABBA

## MEALS TO MAKE

- **Breakfast:** Mango banana smoothie bowl
- **Lunch:** Smoked salmon burrata sandwich
- **Dinner:** Halloumi wraps with side salad

## DECLUTTERING

Declutter wall art and decorations for 20 minutes.

DECLUTTERING COMPLETED

## ACTIVITIES AND SIMPLE IDEAS

- **Micro-Adventure:** Cook or order food from a cuisine you've not tried before.
- **Self-Care:** Have a 15-minute picnic in the backyard, on the balcony, or indoors.
- **Simple Fun:** Try a new flavor of ice cream.
- **Romantic Idea:** Go for a romantic stroll with gelato.
- **Kindness:** Put together a care package for someone.
- **Doodling Idea:** Dragonflies.
- **Watercoloring Idea:** Hammock between trees.

DEEP  
CHAT

Your all-time favorite summer outdoor activity.

## ALL-DAY JOURNALING

- **Morning:** Things you want to let go of.
- **Evening:** A moment this month you'd want to remember forever.
- **Gratitude:** Things that seem bright about your future.
- **Self-Care:** Ways you've become a better person.
- **One-Word:** Meadow.