

# 30th of June Planner

Ordinary & *Happy*

## INSPIRATION FOR THE DAY

Appreciate the little moments.

- **Wake-Up Song:** "Happy" Pharrell Williams
- **Positive Thought:** So far, summer has been wonderful because...
- **Song to Make You Feel Beautiful:** "Beautiful" Christina Aguilera

## FOOD SUGGESTIONS

- **Breakfast:** Mango coconut chia pudding
- **Lunch:** Quinoa salad
- **Dinner:** Chicken souvlaki pita wraps & tzatziki

## DECLUTTERING IDEA

Drop off any donations.

DECLUTTERING COMPLETED

## ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Pick a book and go read at a coffee shop nearby.
- **Self-Care:** Read your favorite book for 15 minutes.
- **Simple Fun:** Try a new place for lunch or dinner.
- **Romantic Idea:** Write them a love letter.
- **Kindness:** Donate things you no longer need.
- **Doodling Idea:** Turtle.
- **Watercoloring Idea:** Stargazing telescope.

## DEEP TALK

Someone who made a past summer memorable with their kindness.

## JOURNALING FOR THE DAY

- **Morning:** Ways to make the rest of the year count.
- **Evening:** One thing you're looking forward to next month.
- **Gratitude:** The best thing that happened in June.
- **Self-Care:** What you loved about this month.
- **One-Word:** Beach.