

# 9th of June Planner

Ordinary & *Happy*

## INSPIRATION FOR THE DAY

Keep your focus sharp.

- **Wake-Up Song:** "Feeling Good" Nina Simone
- **Positive Thought:** When I'm sitting outside with my favorite people, I feel...
- **Song to Make You Feel Beautiful:** "Can't Take My Eyes off You" Frankie Valli

## MEALS TO MAKE

- **Breakfast:** Tropical chia pudding
- **Lunch:** Spinach feta egg wrap
- **Dinner:** Mediterranean chicken bowl

## DECLUTTERING IDEA

Remove everything off the fridge door and only return what you want to keep.

DECLUTTERING COMPLETED

## ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Start a goals/dreams journal and write down your biggest goals and dreams for the future.
- **Self-Care:** Do some online window shopping.
- **Simple Fun:** Sketch or draw something that means 'summer' to you.
- **Romantic Idea:** Uplift them with kind words on challenging days.
- **Kindness:** Compliment at least one person today.
- **Doodling Idea:** Kayak.
- **Watercoloring Idea:** Surfboard.

## DEEP CHAT

A place you passed through that you'd love to properly visit one day.

## JOURNALING FOR THE DAY

- **Morning:** Things that are going well in life.
- **Evening:** Something you're curious about trying.
- **Gratitude:** A small luxury that you enjoy that not everyone has.
- **Self-Care:** Things that help you stay grounded.
- **One-Word:** Gelato.