

12th of June Planner

Ordinary & *Happy*

INSPIRATION FOR THE DAY

Keep being your awesome self!

- **Wake-Up Song:** “My Favorite Things” Julie Andrews
- **Positive Thought:** When I sit in the sunshine and close my eyes, I...
- **Song to Make You Feel Beautiful:** “Beautiful Soul” Jesse McCartney

MEALS TO MAKE

- **Breakfast:** Fig yogurt parfait
- **Lunch:** Tomato feta salad
- **Dinner:** Hot dogs with fries

DECLUTTERING IDEA

Set a 20-min timer and clear as many flat surfaces as you can (e.g., coffee table).

DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Micro-Adventure:** Find the most scenic place near you to watch the sunset.
- **Self-Care:** Watch some funny videos for a laugh.
- **Simple Fun:** Make and try different flavors of iced tea.
- **Romantic Idea:** Read them a love poem.
- **Kindness:** Listen to people without interrupting.
- **Doodling Idea:** Bonfire.
- **Watercoloring Idea:** Binoculars.

DEEP CHAT

A town, city, or place you visited frequently with family but haven't been to in years.

JOURNALING FOR THE DAY

- **Morning:** Describe your ideal day.
- **Evening:** The most relaxing day you've had and why.
- **Gratitude:** The best gift you've ever received.
- **Self-Care:** Ways you can be kinder to yourself.
- **One-Word:** Festival.