

13th of June Planner

Ordinary & *Happy*

INSPIRING IDEAS

Take a deep breath.

- **Wake-Up Song:** "Beautiful Day" U2
- **Positive Thought:** A road trip I want to take one weekend is...
- **Song to Make You Feel Beautiful:** "Heaven Must Be Missing an Angel" Tavares

FOODS TO MAKE

- **Breakfast:** Pancakes
- **Lunch:** Smoked salmon omelet
- **Dinner:** Steak with chimichurri sauce and salad

DECLUTTERING IDEA

Pick the most cluttered corner of a room and take 15 min to declutter & tidy.

DECLUTTERING COMPLETED

ACTIVITIES FOR THE DAY

- **Micro-Adventure:** Go to a local event (e.g., sports game, art exhibition, festival).
- **Self-Care:** Enjoy watching the sunset.
- **Simple Fun:** Go for a bicycle ride in a park.
- **Romantic Idea:** Create a vision board together.
- **Kindness:** Volunteer for a local charity.
- **Doodling Idea:** Postage stamp.
- **Watercoloring Idea:** Canoe on a river.

DEEP
TALK

A memorable summer road trip.

JOURNALING FOR THE DAY

- **Morning:** People you want to reconnect with.
- **Evening:** Things you admire in people close to you.
- **Gratitude:** The sweetest surprise someone planned for you.
- **Self-Care:** People who make you feel loved and supported.
- **One-Word:** Tropical.