

1st of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Whatever summer plans you've put off, start making them happen today.

- **Wake-Up Song:** "Heaven is a Place on Earth" Belinda Carlisle
- **Positive Thought:** Something I admire about myself is...
- **Relaxing Evening Song:** "Misty" Johnny Mathis

MEALS IDEAS

- **Breakfast:** Greek yogurt with granola and blueberries
- **Lunch:** Couscous chickpea salad
- **Dinner:** Burger night with various toppings

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Clean the baseboard in the living room.
- **Decluttering:** Find 3 items to toss.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Take a free skills class or follow a tutorial online.
- **Self-Care:** Get yourself a small gift.
- **Romantic Idea:** Plan a fun date for the two of you this month.
- **Kindness Idea:** Send a thank you note or text to someone who helped you.
- **Doodling Idea:** Sunflowers.
- **Watercoloring Idea:** Something bright yellow.

DEEP TALK

The happiest memory you have.

20-MIN WALK & TALK

The funniest thing mom or dad used to do on a summer vacation.

JOURNALING FOR THE DAY

- **Morning:** One thing you're looking forward to today.
- **Evening:** Something you were grateful for today.
- **Gratitude:** The happiest memory you have.
- **Self-Care:** What you've enjoyed at home this summer so far.
- **One-Word:** Dreams.