

3rd of July *Planner*

Ordinary & *Happy*

ALL-DAY INSPIRATION

Today, take a breath. So much wonder is happening around you.

- **Wake-Up Song:** "Raise Your Glass" P!nk
- **Positive Thought:** I feel confident when...

FOOD IDEAS

- **Breakfast:** Cereal and Milk
- **Lunch:** Smoked Salmon Wraps
- **Dinner:** Grilled Chicken with Avocado and Tomato Salad

DECLUTTERING IDEAS

- **Decluttering:** Do 30 minutes of tidying the living room and guest bathroom.
- **Digital Decluttering:** Tidy digital newsletter subscriptions for 30 minutes.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Have a backyard BBQ.
- **Self-Care:** Write down ten things you love about yourself.
- **Romantic Idea:** Stargaze or watch fireworks together.
- **Sweet Gesture:** Have an evening get-together before the weekend activities.
- **Doodling Idea:** Bean plants on a trellis.
- **Watercoloring Idea:** Something that symbolizes freedom to you.

DEEP CHAT

A time someone portrayed strength despite challenging times.

JOURNALING FOR THE DAY

- **Morning:** A memory that feels like sunshine.
- **Evening:** People you want to catch up with this month.
- **Gratitude:** A past experience that you cherish.
- **Self-Care:** On hot days, shaded places you can go to unwind.
- **One-Word:** Celebration.