

# 4th of July *Planner*

Ordinary & *Happy*

## INSPIRING IDEAS

Let loved ones know how much they mean to you. Happy July 4th!

- **Wake-Up Song:** "Moving on Up" M People
- **Positive Thought:** People often compliment me on...

## FOOD IDEAS

- **Breakfast:** Breakfast Tacos
- **Lunch:** Cobb Salad
- **Dinner:** Burgers with Fries and Salad

## DECLUTTERING IDEAS

- **Decluttering:** Do 30 minutes of tidying after guests leave (if hosting).
- **Digital Decluttering:** Set inbox rules (filters, priority inbox).

## ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Enjoy a picnic outdoors.
- **Self-Care:** Stargaze or watch the July 4th fireworks.
- **Romantic Idea:** Make pancakes or your favorite brunch options at home.
- **Sweet Gesture:** Celebrate July 4th weekend together.
- **Doodling Idea:** American flag on a porch.
- **Watercoloring Idea:** Fireworks.

## DEEP TALK

A memorable July 4th weekend and why.

## JOURNALING IDEAS

- **Morning:** How you would spend your time if you never had to work again.
- **Evening:** The meaning of freedom to you.
- **Gratitude:** A tradition that brings you joy.
- **Self-Care:** Where in your town or city you feel most like yourself.
- **One-Word:** Friends.