

5th of July *Planner*

Ordinary & *Happy*

INSPIRATION FOR THE DAY

Even since January, you've come a long way.

- **Wake-Up Song:** "Start Me Up" The Rolling Stones
- **Positive Thought:** Today, I'm grateful for...

MEALS IDEAS

- **Breakfast:** Smoked Salmon Breakfast Sandwich
- **Lunch:** Halloumi Wrap
- **Dinner:** Grilled Chicken with Pesto Pasta

DECLUTTERING IDEAS

- **Decluttering:** Sort through your picnic supplies and cooler bags.
- **Digital Decluttering:** Delete 3+ unused apps on your phone.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Have a day at a pool, go to the beach, or play water games.
- **Self-Care:** Follow a light stretching or pilates tutorial at home.
- **Romantic Idea:** Make cold mocktails together at home.
- **Sweet Gesture:** Send a loved one a thoughtful message about how much they mean to you.
- **Doodling Idea:** Garden gnome.
- **Watercoloring Idea:** Beach hut.

DEEP TALK

A conversation that changed you in some way.

JOURNALING SUGGESTIONS

- **Morning:** If you could live anywhere for a year, where it would be.
- **Evening:** One fun thing to try tomorrow.
- **Gratitude:** A meaningful conversation you've had recently.
- **Self-Care:** Your favorite animal and why.
- **One-Word:** Surprise.