

6th of July *Planner*

Ordinary & *Happy*

GET INSPIRED

A garden in bloom doesn't happen overnight. Meaningful things take time.

- **Wake-Up Song:** "Here Comes The Sun" The Beatles
- **Positive Thought:** One thing that made me smile today was...

MEALS TO MAKE

- **Breakfast:** Berry Yogurt Parfait
- **Lunch:** Pesto Pasta Salad
- **Dinner:** White Bean Salad with Flatbreads

DECLUTTERING IDEAS

- **Decluttering:** Put away 4th of July decorations.
- **Digital Decluttering:** Organize your apps into folders.

ACTIVITIES AND IDEAS

- **Simple Fun:** Watch the sunset from a scenic spot (or wake up for sunrise).
- **Self-Care:** Read a chapter of a book.
- **Romantic Idea:** Put together a care package for each other.
- **Sweet Gesture:** Give a loved one a heartfelt hug.
- **Doodling Idea:** Backyard grill.
- **Watercoloring Idea:** Tomatoes on the vine.

DEEP TALK

Something you still want to do.

ALL-DAY JOURNALING

- **Morning:** If you could have any career for a year, what it would be.
- **Evening:** Three things that always brighten up your mood.
- **Gratitude:** Your favorite memory from a past vacation.
- **Self-Care:** An outdoor place that feels like 'home' when you visit.
- **One-Word:** Explore.