

7th of July *Planner*

Ordinary & *Happy*

IDEAS TO INSPIRE YOU

Whatever you're facing, rise above it like the sun does the clouds.

- **Wake-Up Song:** "Send Me on My Way" Rusted Root
- **Positive Thought:** I'm lucky to have...

FOOD IDEAS

- **Breakfast:** Oatmeal with Berries
- **Lunch:** Avocado Toast with Halloumi
- **Dinner:** Salmon Tacos

DECLUTTERING

- **Decluttering:** Sort through and organize the cleaning supplies.
- **Digital Decluttering:** Go through your phone's photos and select favorites to print or back up.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Try an evening at a board game cafe.
- **Self-Care:** Go for a sunset walk.
- **Romantic Idea:** Have a 'vacation night' at home, recreating your favorite vacation.
- **Sweet Gesture:** Invite loved ones over for iced tea on the patio.
- **Doodling Idea:** Dog jumping on a sprinkler.
- **Watercoloring Idea:** Evening sky.

DEEP TALK

Something simple that means so much to you.

JOURNALING FOR THE DAY

- **Morning:** Things you'd do today if you knew you couldn't fail.
- **Evening:** Three best things that happened to you today.
- **Gratitude:** Something about your home that you're grateful for.
- **Self-Care:** Flower scents or aromas that make you happy.
- **One-Word:** Nature.