

8th of July *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Today, embrace your playful side. Get creative and have some fun!

- **Wake-Up Song:** "New Shoes" Paolo Nutini
- **Positive Thought:** I'm looking forward to...

MEAL IDEAS

- **Breakfast:** Cherry Banana Smoothie
- **Lunch:** Grilled Chicken Salad
- **Dinner:** Shrimp Pasta Salad

DECLUTTERING IDEAS

- **Decluttering:** Sort through and organize the laundry supplies.
- **Digital Decluttering:** Set a 30-minute timer and clean as much as you can of your phone's photos.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Go to an after-work paint-n-sip class.
- **Self-Care:** Enjoy a cup of herbal tea in silence.
- **Romantic Idea:** Go for frozen yogurt and a walk.
- **Sweet Gesture:** Send a loved one an old photo of you together.
- **Doodling Idea:** Slice of blueberry pie.
- **Watercoloring Idea:** A colorful feather.

DEEP
TALK

A time you lived in the moment.

WHAT TO JOURNAL ABOUT

- **Morning:** Three adventurous things you'd love to try one day.
- **Evening:** Three things you love about yourself.
- **Gratitude:** A mentor or someone who made a lasting impact in your life.
- **Self-Care:** Describe the feeling of sunshine, wind, and rain on your skin and what you'd want more of.
- **One-Word:** Creativity.