

10th of July *Planner*

Ordinary & *Happy*

INSPIRATION FOR THE DAY

Even the sun sets every day. Tonight, take it easy.

- **Wake-Up Song:** "It Feels So Good" Sonique
- **Positive Thought:** Something beautiful I noticed today was...

MEALS TO MAKE

- **Breakfast:** Spinach & Feta Omelet
- **Lunch:** Gazpacho (Cold Tomato Soup)
- **Dinner:** Steak with Crispy Potatoes

DECLUTTERING IDEAS

- **Decluttering:** Declutter the messiest drawer you have in the house.
- **Digital Decluttering:** Continue phone photo organization for 15 minutes.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Have a movie night at home.
- **Self-Care:** Tidy up your bedroom.
- **Romantic Idea:** Go through old photos and pick your favorites to print and scrapbook.
- **Sweet Gesture:** Send a loved one a funny meme.
- **Doodling Idea:** Teddy bear having a picnic.
- **Watercoloring Idea:** Wildflowers.

DEEP TALK

Whether travel is running toward or away from something.

JOURNALING FOR THE DAY

- **Morning:** An obstacle you faced recently but overcame.
- **Evening:** The most important three people in your life.
- **Gratitude:** Something you love about yourself.
- **Self-Care:** Describe the simple pleasure of picking something with your hands, like fruit.
- **One-Word:** Excitement.