

11th of July *Planner*

Ordinary & *Happy*

WAYS TO GET INSPIRED

You don't have to become someone different to be more than enough.

- **Wake-Up Song:** "One Way or Another" Blondie
- **Positive Thought:** I feel happiest when...

MEALS TO MAKE

- **Breakfast:** Smoked Salmon Omelet
- **Lunch:** Fig and Goat Cheese Flatbread
- **Dinner:** Chicken Skewers with Rice and Salad

DECLUTTERING

- **Decluttering:** Walk through the house and pick 3 items you want to donate.
- **Digital Decluttering:** Go through voice memos for 15 minutes and delete what you don't need.

THINGS YOU COULD DO TODAY

- **Simple Fun:** Go window-shopping in your favorite stores.
- **Self-Care:** Create a cozy nook for yourself at home.
- **Romantic Idea:** Go berry-picking or fruit-picking at a local farm.
- **Sweet Gesture:** Organize a video call to catch up.
- **Doodling Idea:** Cherry tree.
- **Watercoloring Idea:** Cake.

DEEP CHAT

What being 'enough' looks like to you.

JOURNALING FOR THE DAY

- **Morning:** Something you've improved at over time.
- **Evening:** Three things you're grateful for today.
- **Gratitude:** A time you felt truly heard and understood.
- **Self-Care:** Places outside that make you feel a part of something bigger.
- **One-Word:** Energy.