

12th of July *Planner*

Ordinary & *Happy*

INSPIRATION FOR THE DAY

Look ahead, sure. But don't forget to look at the beauty in front of you.

- **Wake-Up Song:** "Sugar" Maroon 5
- **Positive Thought:** I am worthy of...

MEALS TO MAKE

- **Breakfast:** Strawberry Banana Yogurt Parfait
- **Lunch:** Menemen (Scrambled Eggs with Tomatoes)
- **Dinner:** Lamb Burger with Fries and Salad

DECLUTTERING

- **Decluttering:** Go through all your cooking utensils and donate ones you don't use.
- **Digital Decluttering:** Do a 'surface sweep' of your desktop and clear what you don't need.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Go to a nearby farmers' market.
- **Self-Care:** Have thirty minutes of no-screen time.
- **Romantic Idea:** Visit the local botanical garden together.
- **Sweet Gesture:** Share a movie recommendation.
- **Doodling Idea:** Egg chair.
- **Watercoloring Idea:** Something that makes you smile.

DEEP TALK

How summer is different now to when you were younger.

JOURNALING IDEAS

- **Morning:** A question you'd love to ask the universe.
- **Evening:** Three most important goals or dreams you have for the future.
- **Gratitude:** A memory from your 20s that makes you smile.
- **Self-Care:** If you close your eyes and listen to running water, where it takes you.
- **One-Word:** Connection.