

13th of July *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

One brave decision really can change everything.

- **Wake-Up Song:** "Flowers" Miley Cyrus
- **Positive Thought:** I am loved by...

MEALS TO MAKE

- **Breakfast:** Avocado Toast with Fried Egg
- **Lunch:** Phyllo Dough Cheese Pie
- **Dinner:** Grilled Chicken with Romaine Salad

DECLUTTERING IDEAS

- **Decluttering:** Go through your books and find 3 to donate.
- **Digital Decluttering:** Do a 'surface sweep' of your downloads folder on your computer.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Learn a few phrases in another language.
- **Self-Care:** Draw or doodle.
- **Romantic Idea:** Look up constellations and stargaze in the evening.
- **Sweet Gesture:** Send a playlist of summer dance songs.
- **Doodling Idea:** Bee pollinating a flower.
- **Watercoloring Idea:** Blueberries.

DEEP TALK

A vivid memory of a family vacation and why.

JOURNALING FOR THE DAY

- **Morning:** A list of 5 random 'what if' dreams & thoughts.
- **Evening:** What your 'happy place' looks like.
- **Gratitude:** A moment you showed courage.
- **Self-Care:** Indoor activities you could do outside on the patio.
- **One-Word:** Calm.