

14th of July *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Practice loving life in the 'right now'. It has a lot to offer.

- **Wake-Up Song:** "I Ain't Worried" One Republic
- **Positive Thought:** A kind thing I did recently was...

MEALS TO MAKE

- **Breakfast:** Bacon and Cheese Omelet
- **Lunch:** White Bean Soup
- **Dinner:** Smoked Salmon Rice Bowl

DECLUTTERING IDEAS

- **Decluttering:** Choose any space in the home and declutter for 15 minutes.
- **Digital Decluttering:** Backup your files.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Go for lunch or dinner at a new restaurant.
- **Self-Care:** Look through old photo albums (with happy memories).
- **Romantic Idea:** Cuddle and talk about the future together.
- **Sweet Gesture:** Share an uplifting quote with a loved one.
- **Doodling Idea:** Two trees intertwining.
- **Watercoloring Idea:** Corn.

DEEP TALK

Something you wish you said but didn't at the time.

JOURNALING IDEAS

- **Morning:** Something you want to leave behind.
- **Evening:** Things you loved doing that you stopped doing and why.
- **Gratitude:** Something that always cheers you up.
- **Self-Care:** Outdoor or shaded areas you could go to read.
- **One-Word:** Wonder.