

15th of July *Planner*

..... Ordinary & *Happy*

DAILY INSPIRATION

Don't keep waiting for that summer get-together.

- **Wake-Up Song:** "Wake Me Up" Avicii
- **Positive Thought:** I bring joy to family and friends by...

FOOD IDEAS

- **Breakfast:** Yogurt Bowl with Fresh Berries
- **Lunch:** Caprese Salad (Tomatoes, Mozzarella, and Basil)
- **Dinner:** BBQ Chicken with Mac and Cheese

DECLUTTERING

- **Decluttering:** Declutter suitcases and travel accessories.
- **Digital Decluttering:** Organize any cloud storage for 30 minutes.

THINGS YOU COULD DO

- **Simple Fun:** Try a new weeknight dinner recipe at home.
- **Self-Care:** Reach out to a friend to catch up.
- **Romantic Idea:** Have a picnic at sunset.
- **Sweet Gesture:** Frame a photo (which includes them) for the house and send them a picture of it.
- **Doodling Idea:** Hot dogs in buns with different sauces.
- **Watercoloring Idea:** Hot air balloon.

DEEP CHAT

Something you let go of one summer.

ALL-DAY JOURNALING

- **Morning:** Things your best friend would say about you and why.
- **Evening:** Something that was on your mind today and why.
- **Gratitude:** A time you stood up for someone else.
- **Self-Care:** Whether a great summer for you is about doing less or going to more places.
- **One-Word:** Curiosity.