

16th of July *Planner*

..... Ordinary & *Happy*

ALL-DAY INSPIRATION

Enjoy your home, backyard, and life's everyday joys.

- **Wake-Up Song:** "Feeling Good" Nina Simone
- **Positive Thought:** A challenge I handled well this year was...

MEAL IDEAS

- **Breakfast:** Smoked Salmon Croissant
- **Lunch:** Air-Fryer or Grilled Veggies with Burrata and Pesto
- **Dinner:** Panko Chicken Sandwich

DECLUTTERING IDEAS

- **Decluttering:** Go through your closet and pick 3+ clothing items to donate.
- **Digital Decluttering:** Continue organizing cloud storage for 15 minutes.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Go to an open mic night.
- **Self-Care:** Try a face sheet mask.
- **Romantic Idea:** Put together snack boxes for each other with all your favorite snacks.
- **Sweet Gesture:** Offer to help with something.
- **Doodling Idea:** Row of flowers.
- **Watercoloring Idea:** Colorful fish.

DEEP CHAT

An under-appreciated skill or profession.

JOURNALING FOR THE DAY

- **Morning:** Funniest thing that's happened recently.
- **Evening:** A small win you're proud of today.
- **Gratitude:** A beautiful moment in nature you've experienced recently.
- **Self-Care:** What a 'summer well lived' would look like to you.
- **One-Word:** Joy.