

17th of July *Planner*

Ordinary & *Happy*

INSPIRING IDEAS

You're looking at the same sky your ancestors looked up at.

- **Wake-Up Song:** "Are You Gonna Be My Girl" Jet
- **Positive Thought:** At work, I'm great at...

FOOD IDEAS

- **Breakfast:** Mango Raspberry Yogurt Parfait
- **Lunch:** Fried Halloumi with a Side Salad
- **Dinner:** Hot Dogs with Assorted Toppings

DECLUTTERING IDEAS

- **Decluttering:** Go through your accessories and pick 3+ accessories to donate.
- **Digital Decluttering:** Catch up on any previous tasks.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Follow a fun tutorial (calligraphy, origami, painting).
- **Self-Care:** Relax and watch TV for thirty minutes.
- **Romantic Idea:** Catch up on your favorite TV show together with snacks.
- **Sweet Gesture:** Go to a drive-thru to get coffee or dessert with a loved one.
- **Doodling Idea:** Pair of shoes left by the back door.
- **Watercoloring Idea:** Glazed donut.

DEEP TALK

A time nature humbled you.

JOURNALING IDEAS

- **Morning:** Compliments you wish you received more frequently and why.
- **Evening:** A kind gesture you're proud of today.
- **Gratitude:** Something you've made that you're proud of.
- **Self-Care:** One way you can be more patient with yourself.
- **One-Word:** Hope.