

18th of July *Planner*

..... Ordinary & *Happy*

GET INSPIRED

Today, lead with kindness.

- **Wake-Up Song:** "Sweet Caroline" Neil Diamond
- **Positive Thought:** A memory that makes me smile is...

MEALS TO MAKE

- **Breakfast:** Blueberry Pancakes
- **Lunch:** Serrano Ham Sandwich
- **Dinner:** Steak Salad

DECLUTTERING IDEAS

- **Decluttering:** Set a timer for 30 minutes and declutter the space that bothers you the most.
- **Digital Decluttering:** Continue catching up or take a day to rest.

ACTIVITIES AND IDEAS

- **Simple Fun:** Try a new brunch place or a new coffee shop.
- **Self-Care:** Have an exfoliating shower.
- **Romantic Idea:** Go for a scenic river boat cruise.
- **Sweet Gesture:** Start a 'memory lane' conversation.
- **Doodling Idea:** Fire pit.
- **Watercoloring Idea:** Piano keys.

DEEP TALK

Something you wish you'd known in your 20s.

ALL-DAY JOURNALING

- **Morning:** One way to show yourself patience and love today.
- **Evening:** What you can do to be kinder to yourself.
- **Gratitude:** A skill you've recently developed.
- **Self-Care:** A tree or river that represents strength to you.
- **One-Word:** Optimism.