

19th of July *Planner*

..... Ordinary & *Happy*

IDEAS TO INSPIRE YOU

Learn to love the everyday joys.

- **Wake-Up Song:** "Beautiful Day" U2
- **Positive Thought:** Something I've created that I'm proud of is...

FOOD IDEAS

- **Breakfast:** Mushroom & Cheese Omelet
- **Lunch:** Hummus and Veggie Wrap
- **Dinner:** Spanish Tapas Night

DECLUTTERING

- **Decluttering:** Do a surface sweep, decluttering every flat surface in the living room.
- **Digital Decluttering:** Review and organize your calendar/to-do apps.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Go on a photo walk and take pictures that inspire you.
- **Self-Care:** Work on a giant puzzle.
- **Romantic Idea:** Go to a farmers' market and get some things you love.
- **Sweet Gesture:** Go for gelato on National Ice Cream Day.
- **Doodling Idea:** Cornhole set up on the lawn.
- **Watercoloring Idea:** Pizza.

DEEP TALK

A secret of the world you'd want to know the answer to.

JOURNALING FOR THE DAY

- **Morning:** If your life had a theme word, what it would be.
- **Evening:** Your favorite part of the day and why.
- **Gratitude:** Your favorite summer memory.
- **Self-Care:** Scenic spots in your local area you often overlook.
- **One-Word:** Confidence.