

21st of July *Planner*

..... Ordinary & *Happy*

IDEAS TO INSPIRE YOU

Love the little things that make you unique.

- **Wake-Up Song:** “I Want to Break Free” Queen
- **Positive Thought:** What I love about my life is...

FOOD IDEAS

- **Breakfast:** Make-Ahead Chia Pudding
- **Lunch:** BLT Bagel Sandwich with Avocado
- **Dinner:** Chicken Tacos

DECLUTTERING

- **Decluttering:** Do a surface sweep in the kitchen.
- **Digital Decluttering:** Close all unnecessary browser tabs.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Have a relaxing night in with journaling.
- **Self-Care:** Write down your goals for the remainder of the year.
- **Romantic Idea:** Pack each other's lunch.
- **Sweet Gesture:** Send a loved one a list of places you've been together.
- **Doodling Idea:** Fish in a pond.
- **Watercoloring Idea:** Something green.

DEEP TALK

A time you felt connected to nature.

JOURNALING FOR THE DAY

- **Morning:** Write down all the positive things you think will happen this year.
- **Evening:** The most important lesson you learned today.
- **Gratitude:** An obstacle you overcame.
- **Self-Care:** Somewhere you can watch wildlife.
- **One-Word:** Belonging.