

22nd of July *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Strength manifests in many different ways.

- **Wake-Up Song:** "Twist and Shout" The Beatles
- **Positive Thought:** One thing I'm hopeful about is...

MEAL IDEAS

- **Breakfast:** Breakfast Burritos
- **Lunch:** Tomato Burrata Salad
- **Dinner:** Grilled Sausages with Peppers and Onions

DECLUTTERING IDEAS

- **Decluttering:** Do a surface sweep in the bathroom.
- **Digital Decluttering:** 3-2-1 challenge: delete 3 unnecessary files, organize 2 folders, archive 1 important folder.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Try a new fitness class after work.
- **Self-Care:** Make a vision board with your dreams.
- **Romantic Idea:** Go for a dessert-only date.
- **Sweet Gesture:** Have a deep conversation with a loved one.
- **Doodling Idea:** Interesting outdoor signage.
- **Watercoloring Idea:** Colorful cupcakes.

DEEP TALK

A moment time stood still for you.

WHAT TO JOURNAL ABOUT

- **Morning:** Write down how the world has changed for the better in the next decade.
- **Evening:** Something that made you smile today.
- **Gratitude:** A neighbor you're grateful for.
- **Self-Care:** When you look at a starry sky, what you're accepting of.
- **One-Word:** Fulfillment.