

23rd of July *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

You still have so much time to make this year memorable.

- **Wake-Up Song:** "What a Feeling" Irene Cara
- **Positive Thought:** My favorite thing about my home is...

MEALS TO MAKE

- **Breakfast:** Mango Pineapple Yogurt Parfait
- **Lunch:** Club Sandwich
- **Dinner:** BBQ Chicken Salad

DECLUTTERING IDEAS

- **Decluttering:** Do a surface sweep in the entryway and hallways.
- **Digital Decluttering:** Repeat the 3-2-1 challenge.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Go to a trivia night.
- **Self-Care:** Pack or plan a nice lunch for next day.
- **Romantic Idea:** Dim the lights and dance in the living room.
- **Sweet Gesture:** Get a loved one fresh flowers.
- **Doodling Idea:** Paddling pool with rubber ducks.
- **Watercoloring Idea:** Something that makes you happy.

DEEP TALK

Whether it's harder to be happy or recognize happiness.

ALL-DAY JOURNALING

- **Morning:** Write down at least three beautiful things about yourself.
- **Evening:** Something that surprised you today.
- **Gratitude:** A mistake that turned out for the best.
- **Self-Care:** When you sit and just listen outside, what sounds comfort you.
- **One-Word:** Success.