

25th of July *Planner*

..... Ordinary & *Happy*

WAYS TO GET INSPIRED

Someone in your life could do with a pick-me-up. Reach out.

- **Wake-Up Song:** "Belong Together" Mark Ambor
- **Positive Thought:** Someone in my life I'm thankful for is...

MEALS TO MAKE

- **Breakfast:** Breakfast Wrap with Scrambled Eggs and Avocado
- **Lunch:** Cheese Crisp (Tortilla Pizza)
- **Dinner:** Meatballs with Rice and Veggies

DECLUTTERING

- **Decluttering:** Set a timer for 30 minutes and do a surface sweep in any additional space you want.
- **Digital Decluttering:** 1-1 phone challenge: delete one contact you don't need and contact one friend.

THINGS YOU COULD DO TODAY

- **Simple Fun:** Try a pottery class (or pick another hobby class).
- **Self-Care:** Call a family member just to chat.
- **Romantic Idea:** Play tourists in your own city and go sightseeing.
- **Sweet Gesture:** Give them tickets to a movie premiere they'd love.
- **Doodling Idea:** Lawn mower.
- **Watercoloring Idea:** Lotus flower.

DEEP CHAT

A challenging journey that was worth it.

JOURNALING FOR THE DAY

- **Morning:** Ways you can be bold today.
- **Evening:** Describe the perfect weekend.
- **Gratitude:** A positive news story you've read recently.
- **Self-Care:** What outdoor places remind you of family.
- **One-Word:** Trust.