

27th of July *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

A little sunshine and good company are all you need for a great time.

- **Wake-Up Song:** "Move On Up" Curtis Mayfield
- **Positive Thought:** I feel inspired when...

MEALS TO MAKE

- **Breakfast:** Ham and Cheese Omelet
- **Lunch:** Watermelon Halloumi or Feta Salad
- **Dinner:** Rotisserie Chicken with Potatoes and Veggies

DECLUTTERING IDEAS

- **Decluttering:** Pick a color and declutter items of that color.
- **Digital Decluttering:** 5-3-1 photo challenge: delete 5 bad photos, move 3 special photos to a special folder, take 1 new inspiring photo.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Work on a giant jigsaw puzzle at home.
- **Self-Care:** Give yourself a manicure.
- **Romantic Idea:** Go for a road trip and drive with the windows down to your favorite summer songs.
- **Sweet Gesture:** Get a loved one a small gift.
- **Doodling Idea:** Mini golf course.
- **Watercoloring Idea:** Tree bark.

DEEP TALK

A conversation with a parent that you vividly remember.

JOURNALING FOR THE DAY

- **Morning:** Things you should be saying 'yes' or 'no' to more often.
- **Evening:** If you could only remember one moment from today, what it would be.
- **Gratitude:** Love you have in your life.
- **Self-Care:** What caring for plants teaches you about caring for yourself.
- **One-Word:** Reflection.