

28th of July *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Today, shine love and light into someone's life.

- **Wake-Up Song:** "Heroes (We Could Be)" Alesso & Tove Lo
- **Positive Thought:** A goal I'm working toward is...

MEALS TO MAKE

- **Breakfast:** Mango Banana Smoothie
- **Lunch:** Chicken and Mozzarella Panini
- **Dinner:** Pork Skewers with Salad

DECLUTTERING IDEAS

- **Decluttering:** Pick a letter and only declutter items that start with that letter.
- **Digital Decluttering:** Repeat the 5-3-1 photo challenge.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Have a music discovery evening, listening to different genres.
- **Self-Care:** Listen to an interesting podcast.
- **Romantic Idea:** Learn to say 'I love you' to each other in a few different languages.
- **Sweet Gesture:** Make plans to get together at some point.
- **Doodling Idea:** A backyard fountain or water feature.
- **Watercoloring Idea:** Rolling hills.

DEEP TALK

Something fleeting that left a lasting impression on you.

JOURNALING IDEAS

- **Morning:** Lessons learned this month.
- **Evening:** One way you made the world better today.
- **Gratitude:** An everyday activity that makes you happy.
- **Self-Care:** Local outdoor spaces you wouldn't want to lose.
- **One-Word:** Balance.