

29th of July *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Don't wait to start living the life you want.

- **Wake-Up Song:** "Cheerleader" OMI
- **Positive Thought:** One thing I love about how I think is...

MEALS TO MAKE

- **Breakfast:** Cottage Cheese Bowl with Fresh Fruit
- **Lunch:** Caprese Panini
- **Dinner:** Grilled Chicken with Corn Salad

DECLUTTERING IDEAS

- **Decluttering:** Set a timer for 30 minutes and pick items to add to the donation bags.
- **Digital Decluttering:** Repeat the 5-3-1 photo challenge.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Have an ice cream tasting (different flavors) at home or go to an ice cream shop.
- **Self-Care:** Order in something from your favorite restaurant.
- **Romantic Idea:** Have date night at your favorite place in the city.
- **Sweet Gesture:** Tag a loved one in an inspirational post online.
- **Doodling Idea:** Butterfly on a flower.
- **Watercoloring Idea:** Pier.

DEEP TALK

Something you had to outgrow to become your best self.

JOURNALING FOR THE DAY

- **Morning:** Successes and obstacles you've overcome this month.
- **Evening:** One way you could make the world better tomorrow.
- **Gratitude:** Something positive that happened this month.
- **Self-Care:** Friendships or relationships that were strengthened outdoors.
- **One-Word:** Progress.