

30th of July *Planner*

..... Ordinary & *Happy*

ALL-DAY INSPIRATION

Summer has plenty more in store for you. Go out and find it.

- **Wake-Up Song:** "Live Forever" Oasis
- **Positive Thought:** I feel energized when...

MEAL IDEAS

- **Breakfast:** Fresh Fig Yogurt Parfait
- **Lunch:** Ground Beef Quesadilla
- **Dinner:** Pasta with Roasted Pepper Sauce and Burrata

DECLUTTERING IDEAS

- **Decluttering:** Sort through and organize any board games and other entertainment items.
- **Digital Decluttering:** Put time into an area you want to make more progress on.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Write down your August bucket list.
- **Self-Care:** Watch the sunset and reflect.
- **Romantic Idea:** Create a bucket list for the rest of the year.
- **Sweet Gesture:** Invite loved ones over for a backyard BBQ.
- **Doodling Idea:** Giant vegetable.
- **Watercoloring Idea:** Something colorful.

DEEP CHAT

How you want to remember this summer.

JOURNALING FOR THE DAY

- **Morning:** Goals and dreams for next month.
- **Evening:** Things that make you feel hopeful about the future.
- **Gratitude:** Things you're looking forward to next month.
- **Self-Care:** What you're thankful to nature and the great outdoors for.
- **One-Word:** Generosity.