

31st of July *Planner*

Ordinary & *Happy*

INSPIRING IDEAS

Love July for its beautiful moments, and look forward to the rest of summer.

- **Wake-Up Song:** "I'll Be There for You" The Rembrandts
- **Positive Thought:** My best quality is...

FOOD IDEAS

- **Breakfast:** Pineapple Melon Smoothie
- **Lunch:** Steak Panini
- **Dinner:** Sushi Night

DECLUTTERING IDEAS

- **Decluttering:** Drop off donations and celebrate completing the challenge.
- **Digital Decluttering:** Rest and take a day off from screens.

ACTIVITIES AND THINGS TO DO

- **Simple Fun:** Go for an ice cream and a scenic walk after work.
- **Self-Care:** Work on a DIY craft project.
- **Romantic Idea:** Go for a scenic sunset walk.
- **Sweet Gesture:** Go for coffee in the sunshine.
- **Doodling Idea:** A hammock.
- **Watercoloring Idea:** Cherries.

DEEP TALK

What you've achieved this year and what you still want to achieve.

JOURNALING IDEAS

- **Morning:** Five songs that instantly boost your mood.
- **Evening:** If your life was a novel, what the title for this month's chapter would be.
- **Gratitude:** Things you're looking forward to this year.
- **Self-Care:** When you sit outside, what makes you hopeful.
- **One-Word:** Affection.