

2nd of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

A little sunshine can do you the world of good.

- **Wake-Up Song:** "Take on Me" a-ha
- **Positive Thought:** The happiest moment this year was when...
- **Relaxing Evening Song:** "The Look of Love" Dusty Springfield

MEALS IDEAS

- **Breakfast:** Avocado toast with scrambled eggs
- **Lunch:** Smoked salmon tortilla roll-ups
- **Dinner:** Stuffed chicken breast with new potatoes

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Vacuum under the couch cushions and under the furniture.
- **Decluttering:** Find 3 items to recycle.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Go for a scenic walk at the local park or somewhere nearby.
- **Self-Care:** Go for a scenic sunset walk.
- **Romantic Idea:** Take them out for brunch (or make it at home).
- **Kindness Idea:** Check in on family and friends.
- **Doodling Idea:** Popsicles.
- **Watercoloring Idea:** Cloudy summer sky.

DEEP TALK

A mistake you made that you don't actually regret.

20-MIN WALK & TALK

The 'loudest' outfit you've ever worn.

JOURNALING FOR THE DAY

- **Morning:** One person you want to connect with today and how you can do so.
- **Evening:** Three things that made you smile today.
- **Gratitude:** The most important person in your life.
- **Self-Care:** Lighter meals that require less time in the kitchen.
- **One-Word:** Family.