

4th of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Let go of 'should have's' and work toward the 'that would be fun's'.

- **Wake-Up Song:** "Semi-Charmed Life" Third Eye Blind
- **Positive Thought:** A recent compliment I remember is...
- **Relaxing Evening Song:** "Something" The Beatles

MEALS IDEAS

- **Breakfast:** Apple slices with almond butter
- **Lunch:** Gazpacho
- **Dinner:** Pancetta mushroom pasta

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Wipe down door handles and light switches.
- **Decluttering:** Find 3 items to relocate to where they belong.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Try to come up with a creative recipe with what you have in the fridge&pantry.
- **Self-Care:** Light a scented candle and relax.
- **Romantic Idea:** Leave a sweet post-it note for them somewhere in the house.
- **Kindness Idea:** Tidy a shared space.
- **Doodling Idea:** Watermelon slice.
- **Watercoloring Idea:** Camping tent.

DEEP TALK

If you could live anywhere in the world, where you would move to.

20-MIN WALK & TALK

The most outlandish item you've seen in a souvenir shop.

JOURNALING FOR THE DAY

- **Morning:** Your top priority for today.
- **Evening:** Something that surprised you in a pleasant way.
- **Gratitude:** A kind thing someone has done for you recently.
- **Self-Care:** A body of water or a pool you could go to.
- **One-Word:** Change.