

5th of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

These are the times you'll look back on. Make them worth remembering.

- **Wake-Up Song:** "Best Day of My Life" American Authors
- **Positive Thought:** I trust myself to...
- **Relaxing Evening Song:** "Your Song" Elton John

MEALS IDEAS

- **Breakfast:** Greek yogurt with honey, walnuts, and pomegranate
- **Lunch:** Antipasto snack box
- **Dinner:** Chicken quesadillas with avocado

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Spot clean the walls in the living room.
- **Decluttering:** Find 3 expired items to toss.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Go for a sunset walk in your neighborhood.
- **Self-Care:** Play your favorite feel-good songs.
- **Romantic Idea:** Make a playlist of meaningful songs to share with them.
- **Kindness Idea:** Listen attentively when someone's talking.
- **Doodling Idea:** Balloons.
- **Watercoloring Idea:** Marshmallows roasting.

DEEP TALK

A talent you wish you had.

20-MIN WALK & TALK

A 'this looks nothing like the photos' hotel or place you've stayed at.

JOURNALING FOR THE DAY

- **Morning:** One thing you're grateful for.
- **Evening:** Something positive that happened today.
- **Gratitude:** A time you felt at peace with where you were in life.
- **Self-Care:** Cooler spaces or areas of your home.
- **One-Word:** Joy.