

7th of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Be with your favorite people. They bring love and laughter into your life.

- **Wake-Up Song:** "Don't Worry Be Happy" Bobby McFerrin
- **Positive Thought:** Something that motivates me is...
- **Relaxing Evening Song:** "It's Too Late" Carole King

MEALS IDEAS

- **Breakfast:** Toast with butter and strawberry jam
- **Lunch:** Avocado egg salad sandwich
- **Dinner:** Easy baked frittata

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Wipe down window sills and tracks in the living room.
- **Decluttering:** Find 3 items you haven't used in 3 years and toss/donate if you don't need them.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Write out your dreams for the rest of the year.
- **Self-Care:** Have dinner at (or get takeout from) your favorite restaurant.
- **Romantic Idea:** Make a self-care package for them.
- **Kindness Idea:** Recommend a meaningful book to someone.
- **Doodling Idea:** Palm tree.
- **Watercoloring Idea:** Marigold flower.

DEEP TALK

Whether you believe in love at first sight.

20-MIN WALK & TALK

The longest car or train ride you've ever taken.

JOURNALING FOR THE DAY

- **Morning:** Ways to make today easier.
- **Evening:** Your favorite memory from today.
- **Gratitude:** A family tradition you love.
- **Self-Care:** A shaded area you could set up in your backyard or balcony.
- **One-Word:** Purpose.