

16th of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Step outside, look, and listen. Life is happening, and you're a part of it.

- **Wake-Up Song:** "Top of the World" The Carpenters
- **Positive Thought:** A goal I'm working on is...
- **Relaxing Evening Song:** "Hello" Lionel Richie

MEALS IDEAS

- **Breakfast:** Banana blueberry pancakes
- **Lunch:** Club sandwich
- **Dinner:** Chicken thighs and veggies (sheet pan)

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Clean the dishwasher.
- **Decluttering:** Declutter your shoes for 15 minutes.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Visit a free museum or art gallery.
- **Self-Care:** Get a manicure.
- **Romantic Idea:** Plan a stargazing evening for the two of you.
- **Kindness Idea:** Be kind to yourself and do at least one self-care activity.
- **Doodling Idea:** Flip flops.
- **Watercoloring Idea:** Tomato slice.

DEEP TALK

Something that never fails to make you laugh.

20-MIN WALK & TALK

A summer you never wanted to end and why.

JOURNALING FOR THE DAY

- **Morning:** An activity that would make you feel relaxed and happy today.
- **Evening:** Write down ten kind and positive things for yourself tonight.
- **Gratitude:** Something you have that holds great sentimental value.
- **Self-Care:** A self-care activity to do tonight, just for yourself.
- **One-Word:** Hope.