

18th of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Wonderful family moments can be made today. Don't wait for a vacation.

- **Wake-Up Song:** "Mr. Blue Sky" Electric Light Orchestra
- **Positive Thought:** Something I'm excited about is...
- **Relaxing Evening Song:** "Angel" Sarah McLachlan

MEALS IDEAS

- **Breakfast:** Cottage cheese with blueberries and honey
- **Lunch:** Southwest veggie wrap
- **Dinner:** Smoked salmon pasta

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Spot clean the walls in the bedrooms.
- **Decluttering:** Declutter craft and hobby supplies.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Draw or do another creative activity at home.
- **Self-Care:** Create a fun bucket list for yourself.
- **Romantic Idea:** Play their favorite song and dance together at home.
- **Kindness Idea:** Donate clothes and shoes you don't need.
- **Doodling Idea:** Camping tent.
- **Watercoloring Idea:** Pear.

DEEP TALK

Your favorite season and why.

20-MIN WALK & TALK

An accidentally funny summer camp story.

JOURNALING FOR THE DAY

- **Morning:** Something you can do to feel more confident.
- **Evening:** Something you want to do better tomorrow.
- **Gratitude:** An unexpected compliment you've received.
- **Self-Care:** Fun activities you can enjoy at home for the rest of the summer.
- **One-Word:** Adventure.