

19th of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Do something spontaneous, just for you.

- **Wake-Up Song:** "Shake It Off" Taylor Swift
- **Positive Thought:** Activities I enjoy include...
- **Relaxing Evening Song:** "Come Away with Me" Norah Jones

MEALS IDEAS

- **Breakfast:** Strawberry mango smoothie
- **Lunch:** Smoked salmon bagel sandwich
- **Dinner:** Stuffed beef burger

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Flip and rotate the mattress.
- **Decluttering:** Declutter sports and outdoor gear.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Work on a puzzle or crossword.
- **Self-Care:** Watch a comedy special or a funny video.
- **Romantic Idea:** Meet up for lunch or call them during your lunch break.
- **Kindness Idea:** Call a loved one to ask how they are doing.
- **Doodling Idea:** Peaches.
- **Watercoloring Idea:** Colorful balloons.

DEEP TALK

What your love language is.

20-MIN WALK & TALK

The quirkiest thing your first-ever car used to do.

JOURNALING FOR THE DAY

- **Morning:** Lessons to learn from yesterday or this month so far.
- **Evening:** One thing you want to focus on tomorrow.
- **Gratitude:** Three small things that bring you joy.
- **Self-Care:** If you aren't going/haven't gone on vacation, a day trip you could take.
- **One-Word:** Clarity.