

20th of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Love what makes your town or city unique.

- **Wake-Up Song:** “Viva La Vida” Coldplay
- **Positive Thought:** A skill I’m proud to have gained...
- **Relaxing Evening Song:** “Home” Michael Bublé

MEALS IDEAS

- **Breakfast:** Cereal and milk
- **Lunch:** Mezze box (hummus, pita, olives, veggies)
- **Dinner:** Deli turkey wrap with pesto

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Vacuum the mattress and under the bed.
- **Decluttering:** Focus on accessories today.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Rearrange the furniture in one room.
- **Self-Care:** Try watercolor painting or a craft project.
- **Romantic Idea:** Frame a romantic photo for them.
- **Kindness Idea:** Offer to take a friend out for coffee.
- **Doodling Idea:** S'mores.
- **Watercoloring Idea:** Skyline.

DEEP TALK

Your biggest dream.

20-MIN WALK & TALK

A ‘no expectations’ trip to a place you ended up loving.

JOURNALING FOR THE DAY

- **Morning:** One person to reach out to that you haven’t spoken to in a while.
- **Evening:** A kind thing to do for yourself tomorrow.
- **Gratitude:** A funny memory that makes you laugh to this day.
- **Self-Care:** Things you enjoy doing regardless of whether it’s summer or not.
- **One-Word:** Focus.