

21st of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Don't let summer end without a few special moments. Make these last weekends matter.

- **Wake-Up Song:** "Beautiful Day" U2
- **Positive Thought:** Something I did for myself recently was...
- **Relaxing Evening Song:** "You're Beautiful" James Blunt

MEALS IDEAS

- **Breakfast:** Cheesy egg bites (make-ahead)
- **Lunch:** Caprese sandwich
- **Dinner:** Couscous salad with chickpeas

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Wipe down window sills and tracks in the bedrooms.
- **Decluttering:** Declutter your closet for 30 minutes.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Organize your photos (in an album or on your phone).
- **Self-Care:** Make a list of the things you're really good at.
- **Romantic Idea:** Ask them about their week and listen attentively.
- **Kindness Idea:** Wish someone a 'nice day.'
- **Doodling Idea:** Surfboard.
- **Watercoloring Idea:** Beach at sunset.

DEEP TALK

Most adventurous thing you've ever done.

20-MIN WALK & TALK

A summer tradition you did every year without fail.

JOURNALING FOR THE DAY

- **Morning:** One nice thing you can do for someone today.
- **Evening:** A kind thing to do for someone else tomorrow.
- **Gratitude:** Something positive about your life that you didn't believe would happen but did.
- **Self-Care:** Who you'd want to spend time with right now, regardless of what you're doing.
- **One-Word:** Creativity.