

23rd of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

An adventure doesn't have to be far. It can be right outside your front door.

- **Wake-Up Song:** "I Got You (I Feel Good)" James Brown
- **Positive Thought:** Something I'm learning to appreciate is...
- **Relaxing Evening Song:** "Come Home" OneRepublic ft. Sara Bareilles

MEALS IDEAS

- **Breakfast:** Baked eggs in tomato sauce (shakshuka)
- **Lunch:** Falafel wrap
- **Dinner:** Chicken meatballs/patties with rice and salad

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Spot clean area rugs or carpets in the bedrooms.
- **Decluttering:** Declutter coats and jackets.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Volunteer for the day.
- **Self-Care:** Try a fun outdoor sport like tennis or volleyball.
- **Romantic Idea:** Surprise them by doing their chores.
- **Kindness Idea:** Share inspiring stories with friends.
- **Doodling Idea:** Message in a bottle.
- **Watercoloring Idea:** Castle.

DEEP TALK

Your role model when growing up.

20-MIN WALK & TALK

A time you laughed long into the night.

JOURNALING FOR THE DAY

- **Morning:** An unforgettable happy memory.
- **Evening:** Three people you want to reach out to tomorrow and why.
- **Gratitude:** A place you get to visit that inspires you.
- **Self-Care:** Write a message to a group chat/someone for an end-of-summer get-together.
- **One-Word:** Compassion.