

24th of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

You still have time for some magical moments in the sunshine.

- **Wake-Up Song:** "Love Today" MIKA
- **Positive Thought:** An accomplishment I'm proud of this year is...
- **Relaxing Evening Song:** "Holocene" Bon Iver

MEALS IDEAS

- **Breakfast:** Omelet with ham & cheese
- **Lunch:** Grilled salmon rice bowl
- **Dinner:** Watermelon halloumi salad

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Dust frames and artwork.
- **Decluttering:** Declutter the entryway, making room for fall items.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Have a dance party in the living room.
- **Self-Care:** Try a stretching routine before bed.
- **Romantic Idea:** Get them flowers, chocolate, or something else they love.
- **Kindness Idea:** Share an uplifting quote.
- **Doodling Idea:** Boat.
- **Watercoloring Idea:** Something abstract.

DEEP TALK

What superpower you would choose and why.

20-MIN WALK & TALK

An unexpected breathtaking view on a road trip.

JOURNALING FOR THE DAY

- **Morning:** How you slept and how you can improve the quality of your sleep.
- **Evening:** What you need to do to make tomorrow better than today.
- **Gratitude:** A conversation that made a positive impact in your life.
- **Self-Care:** Your favorite summer walk.
- **One-Word:** Acceptance.