

26th of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Your home can be a playground with a little imagination.

- **Wake-Up Song:** “Shine” Take That
- **Positive Thought:** I'm proud of the way I...
- **Relaxing Evening Song:** “Let It Go” James Bay

MEALS IDEAS

- **Breakfast:** Avocado toast with fried eggs
- **Lunch:** Romaine salad with feta and walnuts
- **Dinner:** Smoked salmon wraps

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Scrub the grout in the bathroom.
- **Decluttering:** Set a 15-min timer and declutter the area that bothers you the most.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Have a fashion show at home.
- **Self-Care:** Get some outdoor time and some sunshine.
- **Romantic Idea:** Take them out for a romantic dinner.
- **Kindness Idea:** Check in on a friend you haven't talked to in a while.
- **Doodling Idea:** Compass.
- **Watercoloring Idea:** Rose.

DEEP TALK

The nicest thing someone has done for you.

20-MIN WALK & TALK

A past summer you'd love to relive once, and why.

JOURNALING FOR THE DAY

- **Morning:** A skill you can work on today.
- **Evening:** One way to make tomorrow easier for you.
- **Gratitude:** Three things you're most grateful for today.
- **Self-Care:** Your favorite sounds of summer.
- **One-Word:** Courage.