

27th of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Take a moment tonight to write your favorite summer memories. Cherish them.

- **Wake-Up Song:** "Tubthumping" Chumbawamba
- **Positive Thought:** I'm glad I chose to...
- **Relaxing Evening Song:** "Magic" Coldplay

MEALS IDEAS

- **Breakfast:** Ham & cheese English muffin sandwich
- **Lunch:** Quesadilla with guacamole
- **Dinner:** Potato frittata with mushrooms and feta

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Deep clean the toilet base.
- **Decluttering:** Continue working on spaces that bother you for 15 min.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Camp out in the backyard (or in the living room).
- **Self-Care:** Have a no-screen evening.
- **Romantic Idea:** Surprise them with a small 'just because' gift.
- **Kindness Idea:** Make a list of important birthdays so you don't forget.
- **Doodling Idea:** Trail sign.
- **Watercoloring Idea:** A leaf.

DEEP TALK

The nicest thing you've ever done for someone.

20-MIN WALK & TALK

The first memory from this past summer you think of.

JOURNALING FOR THE DAY

- **Morning:** Ways to maintain a positive attitude.
- **Evening:** Write down three positive things to tell yourself in the morning.
- **Gratitude:** Something positive you read or saw in the news this year.
- **Self-Care:** Your favorite spot in your town or city during summer and why.
- **One-Word:** Time.