

28th of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Send that message. Get everyone together. Make another memory!

- **Wake-Up Song:** "Run" OneRepublic
- **Positive Thought:** Something that motivates me is...
- **Relaxing Evening Song:** "August" Taylor Swift

MEALS IDEAS

- **Breakfast:** Spinach banana smoothie
- **Lunch:** Bean & cheese burrito
- **Dinner:** Salmon skewers with avocado sauce

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Scrub the shower head.
- **Decluttering:** Declutter and tidy the garage/storage area.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Catch up on your favorite shows.
- **Self-Care:** Frame a photo that makes you happy.
- **Romantic Idea:** Plan a weekend getaway or day trip for the two of you.
- **Kindness Idea:** Check in on your neighbors (if you're close).
- **Doodling Idea:** Sandcastle.
- **Watercoloring Idea:** Something pastel.

DEEP TALK

The most challenging thing you've ever done.

20-MIN WALK & TALK

A time you laughed this past summer.

JOURNALING FOR THE DAY

- **Morning:** A habit you can work on today.
- **Evening:** If tomorrow was the perfect day, describe how it would go.
- **Gratitude:** Things you're grateful you learned this month.
- **Self-Care:** An activity you want to do before the end of summer.
- **One-Word:** Worth.