

# 29th of August *Planner*

..... Ordinary & *Happy* .....

## INSPIRATION FOR THE DAY

Make that 'last of summer' activity happen. Enjoy it!

- **Wake-Up Song:** "Levitating" Dua Lipa
- **Positive Thought:** I feel smart when...
- **Relaxing Evening Song:** "Easy on Me" Adele

## MEALS IDEAS

- **Breakfast:** Breakfast burrito
- **Lunch:** Sweet chili chicken wrap
- **Dinner:** Pesto chicken bagel

## CLEAN & DECLUTTER

- **15-Min Deep Clean:** Run a cleaning cycle on the laundry machine.
- **Decluttering:** Continue tidying the garage/storage area.

## ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Visit the local library.
- **Self-Care:** Enjoy some time in nature (botanical garden, park, backyard).
- **Romantic Idea:** Create a fun fall bucket list for the two of you.
- **Kindness Idea:** Host a family get-together.
- **Doodling Idea:** Lemon slice.
- **Watercoloring Idea:** Moon.

## DEEP TALK

Your dream career/job.

## 20-MIN WALK & TALK

The most beautiful thing you've seen this past summer.

## JOURNALING FOR THE DAY

- **Morning:** One fun thing you want to do today.
- **Evening:** Something you're proud of achieving this month.
- **Gratitude:** Your favorite things about this summer.
- **Self-Care:** The first memory of this past summer that comes into your head, and why you think that is.
- **One-Word:** Kindness.