

30th of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Love summer, family, friends, and, most importantly, yourself.

- **Wake-Up Song:** “Good Day” Twenty One Pilots
- **Positive Thought:** The best thing that happened this month was...
- **Relaxing Evening Song:** “Forever You and Me” The Teskey Brothers

MEALS IDEAS

- **Breakfast:** Mango banana smoothie bowl
- **Lunch:** Yogurt parfait
- **Dinner:** Roasted tomato soup and grilled cheese

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Spot clean the front door.
- **Decluttering:** Set a 30-min timer and organize your summer photos.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Have a movie night at home.
- **Self-Care:** Take 30+ minutes to enjoy your favorite hobby/activity.
- **Romantic Idea:** Compliment them.
- **Kindness Idea:** Help someone with a DIY project.
- **Doodling Idea:** Popcorn bucket.
- **Watercoloring Idea:** Books.

DEEP TALK

What you think the world would look like in 10 years.

20-MIN WALK & TALK

All the places you've been, no matter how far, this past summer.

JOURNALING FOR THE DAY

- **Morning:** Things you're proud of achieving this month.
- **Evening:** The best moment of the day.
- **Gratitude:** The best thing that happened in August.
- **Self-Care:** The people you've had time with this summer.
- **One-Word:** Balance.