

31st of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Carry that enthusiasm and love for life into the fall.

- **Wake-Up Song:** “Footloose” Kenny Loggins
- **Positive Thought:** I’m grateful for my ability to...
- **Relaxing Evening Song:** “My Baby Just Cares for Me” Nina Simone

MEALS IDEAS

- **Breakfast:** Oatmeal with fresh berries
- **Lunch:** Grilled veggie panini
- **Dinner:** Pesto pasta salad

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Clean the doormats by the entryway.
- **Decluttering:** Drop off any donations and enjoy a more organized home.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Create your fall bucket list.
- **Self-Care:** Take a bubble bath.
- **Romantic Idea:** Get their favorite snacks from the store.
- **Kindness Idea:** Smile and assume the best.
- **Doodling Idea:** Postcard.
- **Watercoloring Idea:** Wildflower bouquet.

DEEP TALK

The most memorable summer moment.

20-MIN WALK & TALK

Years from now, when you look back on this summer, what you’ll remember.

JOURNALING FOR THE DAY

- **Morning:** Things you're looking forward to in the fall.
- **Evening:** Top three things to look forward to next month.
- **Gratitude:** Things you’re looking forward to next month.
- **Self-Care:** Your favorite ordinary, everyday moment from this summer.
- **One-Word:** Memories.