

1st of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

New month, new you! Make it count.

- **Wake-Up Song:** "Can't Stop the Feeling!" Justin Timberlake
- **Positive Thought:** This month, I'm looking forward to...
- **September Motivation Song:** "Born to Run" Bruce Springsteen

MEALS IDEAS

- **Breakfast:** Breakfast tacos
- **Lunch:** Cobb salad
- **Dinner:** Pesto chicken wraps

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Throw out expired food.
- **Decluttering:** Organize your summer photos (on the phone & print).

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Journal for 15 minutes in the morning or evening.
- **Self-Care:** Go for a morning or evening walk.
- **Romantic Idea:** Frame your favorite photo together from this summer.
- **Kindness Idea:** Send a 'hope everyone is well, we got this' message to a group chat.
- **Doodling Idea:** Book.
- **Watercoloring Idea:** Apple with leaves.

DEEP CONVERSATION

Something you're looking forward to this fall.

MAKE YOUR HOME COZY

Get fall-scented candles (apple, cinnamon, pear, or pumpkin).

JOURNALING FOR THE DAY

- **Morning:** Your top goal for this month and why.
- **Evening:** How the first day of September went.
- **Gratitude:** Your favorite cozy corner or space and why.
- **Self-Care:** Things to do for your self-care this month.
- **One-Word:** Love.