

2nd of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Give yourself a little time just for you.

- **Wake-Up Song:** "Happy" Pharrell Williams
- **Positive Thought:** People appreciate me for...
- **September Motivation Song:** "Don't Stop Me Now" Queen

MEALS IDEAS

- **Breakfast:** Yogurt parfait
- **Lunch:** Chicken Caesar wrap
- **Dinner:** Mushroom soup

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Clean the fridge, wiping down the shelves and drawers.
- **Decluttering:** Donate or gift summer books you've finished reading.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Take a free skills class online.
- **Self-Care:** Get yourself a cozy blanket for the fall and winter season.
- **Romantic Idea:** Start a fall & winter memory jar to collect mementos.
- **Kindness Idea:** Compliment someone for the work they've done this week.
- **Doodling Idea:** Sweater.
- **Watercoloring Idea:** Stack of books.

DEEP CONVERSATION

Your favorite memory from past fall seasons.

MAKE YOUR HOME COZY

Add fairy lights to your backyard, balcony, or a cozy spot in the house.

JOURNALING FOR THE DAY

- **Morning:** List of things that could motivate you this month.
- **Evening:** Something you're grateful for today.
- **Gratitude:** Scents that bring you comfort.
- **Self-Care:** Things you're grateful for from this summer.
- **One-Word:** Laughter.