

3rd of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

This is your journey, so embrace all of it.

- **Wake-Up Song:** "Life is a Highway" Rascal Flatts
- **Positive Thought:** I'm good at...
- **September Motivation Song:** "I Will Survive" Gloria Gaynor

MEALS IDEAS

- **Breakfast:** Egg, cheese, sausage breakfast sandwich
- **Lunch:** Quinoa bowl with roasted veggies and feta
- **Dinner:** Grilled chicken & Greek salad

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Reorganize the fridge sections in a way that works for you.
- **Decluttering:** Declutter BBQ and picnic supplies (donate what you don't need).

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Reach out to a friend to catch up.
- **Self-Care:** Get a fall-scented soap (cinnamon, apple, pumpkin).
- **Romantic Idea:** Send them a sweet message during the day.
- **Kindness Idea:** Send an encouraging message to a friend or family member.
- **Doodling Idea:** Rain boots.
- **Watercoloring Idea:** Acorn.

DEEP CONVERSATION

One thing you'd change about the present.

MAKE YOUR HOME COZY

Get a fall-scented soap for the bathroom.

JOURNALING FOR THE DAY

- **Morning:** One fun thing to do over lunch break today.
- **Evening:** A person you connected with today.
- **Gratitude:** What makes your home unique to you.
- **Self-Care:** What excites you about September and the fall season.
- **One-Word:** Progress.