

4th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Do something fun today.

- **Wake-Up Song:** “Try Everything” Shakira, from Zootopia
- **Positive Thought:** I'm learning to...
- **September Motivation Song:** “Chariots of Fire” Vangelis

MEALS IDEAS

- **Breakfast:** Scrambled eggs on avocado toast
- **Lunch:** Veggie & hummus wrap
- **Dinner:** Roast chicken thighs & veggies

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Get fridge containers/organizers if needed.
- **Decluttering:** Sort through your reusable water bottles (toss broken ones).

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Dance to your favorite songs.
- **Self-Care:** Listen to your favorite seasonal playlist.
- **Romantic Idea:** Have a movie night at home with snacks.
- **Kindness Idea:** Thank a teacher online or in-person.
- **Doodling Idea:** Lunchbox.
- **Watercoloring Idea:** Red orange leaf.

DEEP CONVERSATION

What fall tradition you'd like to start.

MAKE YOUR HOME COZY

Stock up on hot tea, hot cocoa, and other fall drinks you like.

JOURNALING FOR THE DAY

- **Morning:** Something great you hope to happen today.
- **Evening:** A small achievement from this week.
- **Gratitude:** Family dinners and get-togethers you cherish.
- **Self-Care:** Whether you've been kind to yourself lately and why/why not.
- **One-Word:** Sunshine.