

# 5th of September *Planner*

..... Ordinary & *Happy* .....

## INSPIRATION FOR THE DAY

You are loved and appreciated; never forget it.

- **Wake-Up Song:** "Send Me on My Way" Rusted Root
- **Positive Thought:** I like that I'm...
- **September Motivation Song:** "Don't Stop Believin'" Journey

## MEALS IDEAS

- **Breakfast:** Pancakes (like these blueberry pancakes or your regular pancake mix with any of these toppings)
- **Lunch:** Broccoli cheddar frittata
- **Dinner:** Broccolini frittata

## CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Get a fridge deodorizer/freshener.
- **Decluttering:** Declutter beach and pool gear (and store away if no longer used).

## ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Stargaze at home (in the backyard, on the balcony, or from a window).
- **Self-Care:** Declutter one small area in your home.
- **Romantic Idea:** Visit the botanical garden and take pictures.
- **Kindness Idea:** Wish someone a good morning.
- **Doodling Idea:** Apple.
- **Watercoloring Idea:** Sweater.

## DEEP CONVERSATION

Your first significant fall memory.

## MAKE YOUR HOME COZY

Declutter your closet for fall this weekend.

## JOURNALING FOR THE DAY

- **Morning:** One self-care activity to do for yourself today.
- **Evening:** A happy memory you made today.
- **Gratitude:** Your favorite sounds at home.
- **Self-Care:** One kind thing to do for yourself this week.
- **One-Word:** Comfort.