

6th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

There's so much courage within you.

- **Wake-Up Song:** "Pocketful of Sunshine" Natasha Bedingfield
- **Positive Thought:** The funniest thing that happened this week was...
- **September Motivation Song:** "Eye of the Tiger" Survivor

MEALS IDEAS

- **Breakfast:** Cheese omelette
- **Lunch:** Grilled chicken with Greek salad
- **Dinner:** Stuffed eggplant

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Tidy and organize the spice cabinet or shelf.
- **Decluttering:** Sort through your summer clothes and get the fall clothes out.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Declutter the closet for fall.
- **Self-Care:** Take some time for your favorite hobby or activity.
- **Romantic Idea:** Go for a scenic sunset walk.
- **Kindness Idea:** Tell a loved one that whatever today brings, they got this.
- **Doodling Idea:** Mushrooms.
- **Watercoloring Idea:** Umbrella.

DEEP CONVERSATION

Something that's on your fall bucket list.

MAKE YOUR HOME COZY

Get any fall clothes and shoes out of storage.

JOURNALING FOR THE DAY

- **Morning:** One memorable activity to do today.
- **Evening:** People you're grateful for today.
- **Gratitude:** How your home changes with the season for the better.
- **Self-Care:** What the perfect fall day looks like to you.
- **One-Word:** Learning.