

7th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

You're stronger than you think.

- **Wake-Up Song:** "Hakuna Matata" from The Lion King
- **Positive Thought:** I feel happy when...
- **September Motivation Song:** "I'm Still Standing" Elton John

MEALS IDEAS

- **Breakfast:** Toasted bagel and cream cheese (plus other topping ideas here)
- **Lunch:** BBQ pulled pork sandwich
- **Dinner:** Burgers

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Tidy and organize the canned goods.
- **Decluttering:** Organize fall accessories (coats, scarves, gloves, hats).

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Take some photos of nature on your phone.
- **Self-Care:** Watch the sunset with a cup of tea.
- **Romantic Idea:** Leave a sweet note for them.
- **Kindness Idea:** Invite friends over for a casual Labor Day celebration.
- **Doodling Idea:** Candle in a jar.
- **Watercoloring Idea:** Grapes.

DEEP CONVERSATION

If you could go 'back to school,' what you'd study.

MAKE YOUR HOME COZY

Add a fall wreath to the front door (DIY or store-bought).

JOURNALING FOR THE DAY

- **Morning:** One thing to do to work on your top goal this week.
- **Evening:** Good things you deserve.
- **Gratitude:** Morning or evening routines you do from home.
- **Self-Care:** Small things that bring you joy during the fall season.
- **One-Word:** Rest.