

8th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Your voice matters.

- **Wake-Up Song:** "Don't Stop Believin'" Journey
- **Positive Thought:** One way I helped someone is...
- **September Motivation Song:** "You're the Best" Joe Esposito

MEALS IDEAS

- **Breakfast:** Granola and yogurt
- **Lunch:** Kale salad with cranberries and pecans
- **Dinner:** Spanish chorizo pasta

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Deep clean the pantry, organizing it into sections.
- **Decluttering:** Sort through the summer shoes and get the fall ones out.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Relax to your favorite playlist.
- **Self-Care:** Have a no-screen hour in the evening.
- **Romantic Idea:** Surprise them with a small gift.
- **Kindness Idea:** Make breakfast for the family.
- **Doodling Idea:** Fireflies in a jar.
- **Watercoloring Idea:** Rain.

DEEP CONVERSATION

Something you want to accomplish by the end of the year.

MAKE YOUR HOME COZY

Declutter the living room to add some seasonal decor.

JOURNALING FOR THE DAY

- **Morning:** One person to reconnect with today.
- **Evening:** How you improved today.
- **Gratitude:** What your 'home' means to you.
- **Self-Care:** A fall tradition you could start that would make you happy.
- **One-Word:** Intuition.