

9th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Notice the little moments of wonder around you.

- **Wake-Up Song:** "Shake It Off" Taylor Swift
- **Positive Thought:** Today, I choose to focus on a positive thing like...
- **September Motivation Song:** "New Attitude" Patti LaBelle

MEALS IDEAS

- **Breakfast:** Fresh fruit
- **Lunch:** Chicken salad sandwich
- **Dinner:** Roasted vegetable salad & grilled chicken

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Get more storage containers to organize the pantry.
- **Decluttering:** Take 30 minutes to declutter the nightstands in the bedroom.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Create a cozy reading nook at home for fall and winter.
- **Self-Care:** Get yourself some cozy socks for fall and winter.
- **Romantic Idea:** Have at least an hour of no-screen time together.
- **Kindness Idea:** If possible, offer to carpool once a week (e.g., work, school).
- **Doodling Idea:** Scarecrow.
- **Watercoloring Idea:** Scarf.

DEEP CONVERSATION

How you feel this year has been so far.

MAKE YOUR HOME COZY

Add some fall-inspired cushions to the couch.

JOURNALING FOR THE DAY

- **Morning:** A nice thing to do for someone today.
- **Evening:** One kind thing you did or someone did for you.
- **Gratitude:** Your favorite piece of furniture and why.
- **Self-Care:** Cozy fall activities you love to do.
- **One-Word:** Opportunity.