

10th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Take a moment to appreciate how far you've come.

- **Wake-Up Song:** "Brave" Sara Bareilles
- **Positive Thought:** I trust myself to make the right decision about...
- **September Motivation Song:** "Nothing's Gonna Stop Us Now" Starship

MEALS IDEAS

- **Breakfast:** Apple slices and cheese
- **Lunch:** Cheese, crackers, and fruit assortment
- **Dinner:** Bagel with salami or smoked salmon

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Come up with an under-the-sink storage system.
- **Decluttering:** Take 30 minutes to declutter under the bed.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Follow a free pilates or stretching tutorial online.
- **Self-Care:** Enjoy a relaxing bath with Epsom salts.
- **Romantic Idea:** Compliment them on a recent achievement.
- **Kindness Idea:** If someone at home is rushing, ask how you can help.
- **Doodling Idea:** Pine cone.
- **Watercoloring Idea:** Squirrel.

DEEP CONVERSATION

The most important thing that happened this year so far.

MAKE YOUR HOME COZY

Switch out the light bulbs for warm white light bulbs.

JOURNALING FOR THE DAY

- **Morning:** Something to do today to build your confidence.
- **Evening:** The funniest thing that happened today.
- **Gratitude:** Plants that bring you joy at home.
- **Self-Care:** Music, books, and movies that make you feel cozy during fall.
- **One-Word:** Light.