

11th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Embrace the simple things that make you happy.

- **Wake-Up Song:** "You're Welcome" from Moana
- **Positive Thought:** My creativity is on display when...
- **September Motivation Song:** "I Won't Back Down" Tom Petty

MEALS IDEAS

- **Breakfast:** Cereal and milk
- **Lunch:** Chicken Caesar salad
- **Dinner:** Crispy fish burger

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Create a coffee/tea section.
- **Decluttering:** Take 30 minutes for a general bedroom declutter.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Have a movie night at home.
- **Self-Care:** Make a fall bucket list.
- **Romantic Idea:** Ask about their week and really listen.
- **Kindness Idea:** Thank a first responder online or in-person.
- **Doodling Idea:** Coffee mug.
- **Watercoloring Idea:** Pine cone.

DEEP CONVERSATION

Something you wish you'd learned sooner.

MAKE YOUR HOME COZY

Organize all your fluffy socks for the season.

JOURNALING FOR THE DAY

- **Morning:** One reason life is good right now.
- **Evening:** Something you learned today.
- **Gratitude:** Memories of dishes and foods you've cooked.
- **Self-Care:** Fall recipes you love.
- **One-Word:** Reflection.