

12th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Someone's day can be better because of you.

- **Wake-Up Song:** "Mr. Blue Sky" Electric Light Orchestra
- **Positive Thought:** Something I'm happy I did this week is...
- **September Motivation Song:** "Survivor" Destiny's Child

MEALS IDEAS

- **Breakfast:** French toast
- **Lunch:** Roasted tomato soup with grilled cheese
- **Dinner:** Broccoli Cheddar soup

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Get a recipe folder or binder for your printed recipes.
- **Decluttering:** Declutter the entryway, making room for fall items (backpacks, umbrellas, jackets).

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Visit a free art gallery.
- **Self-Care:** Make a gratitude list.
- **Romantic Idea:** Make their favorite breakfast.
- **Kindness Idea:** Thank a cashier or barista.
- **Doodling Idea:** Hedgehog.
- **Watercoloring Idea:** Apple pie.

DEEP CONVERSATION

If you had to relive one year of school, which one you'd pick.

MAKE YOUR HOME COZY

Add a fall-themed centerpiece to the dining table.

JOURNALING FOR THE DAY

- **Morning:** Write down ten fun things you want to do this fall.
- **Evening:** Something positive that happened today.
- **Gratitude:** Simple luxuries you can enjoy from home.
- **Self-Care:** What's on your fall bucket list.
- **One-Word:** Challenge.