

13th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

You're beautiful in countless ways.

- **Wake-Up Song:** "I Like to Move It" will.i.am, from Madagascar 2
- **Positive Thought:** I feel hopeful when...
- **September Motivation Song:** "Fighter" Christina Aguilera

MEALS IDEAS

- **Breakfast:** Cheddar egg muffins (make-ahead)
- **Lunch:** Salmon rice bowl
- **Dinner:** Chicken souvlaki

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Deep clean the oven.
- **Decluttering:** Get the umbrellas and other fall items out of storage.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Watch your favorite TV show.
- **Self-Care:** Plan a fun activity for the upcoming week.
- **Romantic Idea:** Go out for brunch at their favorite restaurant.
- **Kindness Idea:** Send a check-in message to a grandparent or another family member.
- **Doodling Idea:** Full moon.
- **Watercoloring Idea:** Owl.

DEEP CONVERSATION

Your favorite rainy day movie.

MAKE YOUR HOME COZY

Frame and display photos from previous fall adventures.

JOURNALING FOR THE DAY

- **Morning:** Write a list of ten people you want to reach out to this season.
- **Evening:** What you want to dream about tonight.
- **Gratitude:** Traditions you've started in your home.
- **Self-Care:** Things you love about life now.
- **One-Word:** Strength.