

14th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Be patient with yourself; there's a lot going on.

- **Wake-Up Song:** "Don't Worry Be Happy" Bobby McFerrin
- **Positive Thought:** Three things I'm grateful for this year are...
- **September Motivation Song:** "Unwritten" Natasha Bedingfield

MEALS IDEAS

- **Breakfast:** Oatmeal with berries
- **Lunch:** Caprese flatbread
- **Dinner:** Roasted broccoli pesto pasta

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Deep clean the air fryer.
- **Decluttering:** Have a general 30-minute living room declutter.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Go for a walk on your lunch break.
- **Self-Care:** Enjoy 15 minutes of stretching following a tutorial.
- **Romantic Idea:** Do a chore they dislike.
- **Kindness Idea:** Let someone merge in traffic.
- **Doodling Idea:** Stack of board games.
- **Watercoloring Idea:** Pencil.

DEEP CONVERSATION

The song you play on repeat and why.

MAKE YOUR HOME COZY

Bring in a bouquet of seasonal flowers (dahlias, asters, or sunflowers).

JOURNALING FOR THE DAY

- **Morning:** One thing to do to work on your top goal.
- **Evening:** Describe today's highlight.
- **Gratitude:** Something you've created or built yourself.
- **Self-Care:** Three things that make you wonderful.
- **One-Word:** Abundance.