

# 15th of September *Planner*

..... Ordinary & *Happy* .....

## INSPIRATION FOR THE DAY

Love who you truly are and all the things you do.

- **Wake-Up Song:** "Lovely Day" Bill Withers
- **Positive Thought:** Someone who's always been there for me is...
- **September Motivation Song:** "Better Get to Livin'" Dolly Parton

## MEALS IDEAS

- **Breakfast:** Apple and cinnamon overnight oats
- **Lunch:** BBQ chicken salad
- **Dinner:** Cobb salad

## CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Replace old kitchen towels with fresh ones.
- **Decluttering:** Take 30 minutes to put away summer home accessories and get the fall ones out.

## ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Have an indoor picnic with food/snacks you already have.
- **Self-Care:** Listen to a rain sounds playlist while relaxing.
- **Romantic Idea:** Send them a romantic song that made you think of them.
- **Kindness Idea:** Compliment someone who's made an effort.
- **Doodling Idea:** Roasted marshmallow.
- **Watercoloring Idea:** Aster (flower).

## DEEP CONVERSATION

The biggest challenge you've overcome this year.

## MAKE YOUR HOME COZY

Add a fruit bowl in the kitchen with seasonal fruit (apples, pears, figs, grapes).

## JOURNALING FOR THE DAY

- **Morning:** One obstacle you're expecting and how to overcome it.
- **Evening:** A challenge you handled today.
- **Gratitude:** Household items that are simple but bring joy.
- **Self-Care:** Things that make you unique.
- **One-Word:** Harmony.