

# 16th of September *Planner*

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

## INSPIRATION FOR THE DAY

Just keep going; you're doing great.

- **Wake-Up Song:** "This Is Me" from The Greatest Showman
- **Positive Thought:** I'm grateful for the lesson I learned when...
- **September Motivation Song:** "The Fighter" Gym Class Heroes ft. Ryan Tedder

## MEALS IDEAS

- **Breakfast:** Pear and almond yogurt bowl
- **Lunch:** Mediterranean-style chickpea salad
- **Dinner:** Baked salmon and veggies

## CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Reorganize your countertop space.
- **Decluttering:** Sort through school or home office supplies (markers/pens/pencils/notebooks).

## ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Visit the local library.
- **Self-Care:** Meet up with a friend for coffee or lunch.
- **Romantic Idea:** Surprise them with a practical gift they can use.
- **Kindness Idea:** Message someone who never puts themselves first that you're thinking of them.
- **Doodling Idea:** Window.
- **Watercoloring Idea:** Scales.

## DEEP CONVERSATION

Three things you'd change about this year.

## MAKE YOUR HOME COZY

Switch out the hand towels for towels in fall colors (deep red, orange).

## JOURNALING FOR THE DAY

- **Morning:** Three things you appreciate about your home.
- **Evening:** A good idea you had today.
- **Gratitude:** What the art in your home means to you.
- **Self-Care:** Small accomplishments this month so far.
- **One-Word:** Wonder.