

17th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

You make a difference in your own way.

- **Wake-Up Song:** "Sunrise" Norah Jones
- **Positive Thought:** My greatest inspiration is...
- **September Motivation Song:** "Keep Your Head Up" Andy Grammer

MEALS IDEAS

- **Breakfast:** Breakfast wrap with scrambled eggs
- **Lunch:** PB&J sandwich
- **Dinner:** Sun-dried tomato risotto

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Clean all the remaining small appliances (including descaling).
- **Decluttering:** Take 30 minutes to sort through paperwork and mail.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Donate clothes you no longer need.
- **Self-Care:** Catch up on your favorite TV show.
- **Romantic Idea:** Have an indoor picnic at home in the evening.
- **Kindness Idea:** Message a parent or family member a 'have a great day' message.
- **Doodling Idea:** Paper airplane.
- **Watercoloring Idea:** Sapphire.

DEEP CONVERSATION

Where you see yourself in five years.

MAKE YOUR HOME COZY

Add a fall-themed welcome doormat to the entrance.

JOURNALING FOR THE DAY

- **Morning:** Describe what you want today to look like.
- **Evening:** Someone you look up to and why.
- **Gratitude:** Personal mementos you've used as decor.
- **Self-Care:** Something that always makes you feel happy.
- **One-Word:** Legacy.