

18th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Your future self will thank you for this week's effort.

- **Wake-Up Song:** "Unwritten" Natasha Bedingfield
- **Positive Thought:** Someone I'm grateful for meeting recently is...
- **September Motivation Song:** "Can't Hold Us" Macklemore & Ryan Lewis ft. Ray Dalton

MEALS IDEAS

- **Breakfast:** Smoothie bowl with seasonal fruit
- **Lunch:** Steak arugula salad
- **Dinner:** Turkey burger

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Reorganize the utensil drawer.
- **Decluttering:** Cover or store away garden furniture.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Doodle using a pencil and paper you have at home.
- **Self-Care:** Have a bath with seasonal bubble bath (apple, cinnamon, pear).
- **Romantic Idea:** Catch up on their favorite shows with them.
- **Kindness Idea:** Offer to get someone at home a cup of coffee or tea.
- **Doodling Idea:** Starry sky.
- **Watercoloring Idea:** Candle.

DEEP CONVERSATION

Where you see yourself in a decade.

MAKE YOUR HOME COZY

Add a basket with cozy blankets to the living room.

JOURNALING FOR THE DAY

- **Morning:** One thing you love about your job/daily activities.
- **Evening:** Something that motivated you today.
- **Gratitude:** Your favorite textures in your home.
- **Self-Care:** One thing that's better this September compared to last year.
- **One-Word:** Generosity.