

19th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Take a break. You've done amazing.

- **Wake-Up Song:** "On Top of the World" Imagine Dragons
- **Positive Thought:** I'm proud of my courage in...
- **September Motivation Song:** "Hall of Fame" The Script ft. will.i.am

MEALS IDEAS

- **Breakfast:** Breakfast casserole
- **Lunch:** Cheeseburger & fries
- **Dinner:** Ratatouille

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Replace the vent/hood filters.
- **Decluttering:** Toss any broken garden items.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Visit a free museum.
- **Self-Care:** Meet up with your favorite people today.
- **Romantic Idea:** Have a weekend getaway or day road trip.
- **Kindness Idea:** Share an encouraging morning message online.
- **Doodling Idea:** Mini pies.
- **Watercoloring Idea:** Sourdough bread.

DEEP CONVERSATION

Something that would surprise people to know about you.

MAKE YOUR HOME COZY

Set up a cozy reading nook at home.

JOURNALING FOR THE DAY

- **Morning:** One simple bucket list item you could check off today.
- **Evening:** Things that made you feel relaxed today.
- **Gratitude:** Ways your home is cozy.
- **Self-Care:** Write a thank-you letter to your past self.
- **One-Word:** Celebration.