

20th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

There is so much joy in the ordinary.

- **Wake-Up Song:** "A Million Dreams" from The Greatest Showman
- **Positive Thought:** A new positive experience I had recently was...
- **September Motivation Song:** "Roar" Katy Perry

MEALS IDEAS

- **Breakfast:** Bacon and scrambled eggs sandwich
- **Lunch:** Chicken noodle soup
- **Dinner:** Pancetta & artichoke pasta

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Clean or replace the water filter and/or ice maker filter.
- **Decluttering:** Sort through and organize bathroom products.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Watch a new TV show.
- **Self-Care:** Do at least one thing that makes you happy today.
- **Romantic Idea:** Make them a 'fall treats' gift basket.
- **Kindness Idea:** Check in on a friend you haven't talked to much recently.
- **Doodling Idea:** Pumpkin.
- **Watercoloring Idea:** Boots.

DEEP CONVERSATION

A dream you have that most people wouldn't guess.

MAKE YOUR HOME COZY

Organize all the board games for cozy nights in.

JOURNALING FOR THE DAY

- **Morning:** One thing you're looking forward to.
- **Evening:** One thing you do that makes you lose track of time.
- **Gratitude:** What you look forward to most about returning home.
- **Self-Care:** Write a thank-you letter to your future self.
- **One-Word:** Authenticity.