

21st of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Reflect on the beautiful memories of summer.

- **Wake-Up Song:** "I'm Still Standing" Elton John
- **Positive Thought:** I'm improving at...
- **September Motivation Song:** "Shake It Off" Taylor Swift

MEALS IDEAS

- **Breakfast:** Avocado toast with fresh tomatoes
- **Lunch:** Apple, walnut, and spinach salad
- **Dinner:** Fall harvest salad

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Wipe down light fixtures (and replace light bulbs if needed).
- **Decluttering:** In the kitchen, toss expired condiments.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Try a new recipe using only things you have at home.
- **Self-Care:** Start reading a book you've been meaning to read for a while.
- **Romantic Idea:** Give them a warm hug after work.
- **Kindness Idea:** Smile and say hello to a neighbor.
- **Doodling Idea:** Clouds.
- **Watercoloring Idea:** Cinnamon rolls.

DEEP CONVERSATION

What the meaning of a 'good life' is to you.

MAKE YOUR HOME COZY

Add more seasonal decor to your home.

JOURNALING FOR THE DAY

- **Morning:** One thing to do to work on your top goal this week.
- **Evening:** One thing that went well today.
- **Gratitude:** Things you overlook at home but are glad you have.
- **Self-Care:** What a letter from someone who loves you would say.
- **One-Word:** Curiosity.