

22nd of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Embrace the new season with open arms.

- **Wake-Up Song:** "Don't Stop Me Now" Queen
- **Positive Thought:** Something I love about my personality is...
- **September Motivation Song:** "Confident" Demi Lovato

MEALS IDEAS

- **Breakfast:** Seasonal fruit banana smoothie
- **Lunch:** Tuna salad sandwich
- **Dinner:** Air-fryer chicken fajitas tacos

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Deep clean the window sills and frames.
- **Decluttering:** Organize and declutter the bakeware (for baking this fall).

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Read a book (from a library or one you already have).
- **Self-Care:** Make a list of your big and small accomplishments so far this year.
- **Romantic Idea:** Dance together in the living room.
- **Kindness Idea:** Send a summer photo memory to someone you saw over summer.
- **Doodling Idea:** Checkerboard.
- **Watercoloring Idea:** Bonfire.

DEEP CONVERSATION

Someone who inspires you deeply and why.

MAKE YOUR HOME COZY

Get some soft slippers for cold mornings.

JOURNALING FOR THE DAY

- **Morning:** Ways to stay positive this week.
- **Evening:** Ways to make tomorrow better.
- **Gratitude:** Tasks or chores that are meditative.
- **Self-Care:** Recent times you felt good about yourself.
- **One-Word:** Treasure.