

23rd of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Let your heart be light today.

- **Wake-Up Song:** “Under the Sea” from The Little Mermaid
- **Positive Thought:** My skills shine when...
- **September Motivation Song:** “Rise Up” Andra Day

MEALS IDEAS

- **Breakfast:** Chia seed pudding
- **Lunch:** Taco salad
- **Dinner:** Quinoa salad with grilled chicken

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Wipe the tile grout/deep clean the backsplash.
- **Decluttering:** Have a general 30-minute kitchen declutter.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Go for a photo walk somewhere scenic nearby.
- **Self-Care:** Get yourself a new cozy sweater for fall and winter.
- **Romantic Idea:** Send them an “I love you because...” message.
- **Kindness Idea:** Bring something to work to share with everyone.
- **Doodling Idea:** Owl.
- **Watercoloring Idea:** Hedgehog.

DEEP CONVERSATION

A time you felt like you made a difference.

MAKE YOUR HOME COZY

Switch out the lighter summer curtains for heavier fall/winter ones.

JOURNALING FOR THE DAY

- **Morning:** Describe a happy memory from this week.
- **Evening:** Something you love about fall.
- **Gratitude:** What your home has taught you about yourself.
- **Self-Care:** People who make you feel good about yourself.
- **One-Word:** Warmth.