

24th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Acknowledge all your small wins.

- **Wake-Up Song:** "Counting Stars" OneRepublic
- **Positive Thought:** A friend I'm excited to meet up with is...
- **September Motivation Song:** "Fight Song" Rachel Platten

MEALS IDEAS

- **Breakfast:** Cottage cheese with seasonal fruit
- **Lunch:** Pear and gorgonzola salad
- **Dinner:** Salmon and orzo with pesto and mushrooms

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Clean the bread box and any storage containers.
- **Decluttering:** Organize the pantry for fall and winter (hot teas, hot chocolate, baking supplies).

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Take a nap.
- **Self-Care:** Go for a scenic walk and enjoy the fall foliage.
- **Romantic Idea:** Play their favorite songs in the evening.
- **Kindness Idea:** Share something useful with someone who needs it.
- **Doodling Idea:** Hot air balloon.
- **Watercoloring Idea:** Bowl of soup.

DEEP CONVERSATION

Your top three desert island items.

MAKE YOUR HOME COZY

Add cozy rugs throughout the house where possible.

JOURNALING FOR THE DAY

- **Morning:** Three things you can do to make today better.
- **Evening:** Something you're looking forward to this season.
- **Gratitude:** Ways the outdoor areas of your home have brought you joy.
- **Self-Care:** Experiences that make you feel good about yourself.
- **One-Word:** Bliss.