

25th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Always be proud of the wonderful person you are.

- **Wake-Up Song:** "I Just Can't Wait to Be King" from The Lion King
- **Positive Thought:** A trip I'm excited about going on is...
- **September Motivation Song:** "Try Everything" Shakira

MEALS IDEAS

- **Breakfast:** Muesli with yogurt
- **Lunch:** Egg salad sandwich
- **Dinner:** Crispy chicken burger

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Check the smoke detector and other sensors/alarms.
- **Decluttering:** Take 30 minutes for a general pantry declutter.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Learn a few words in another language.
- **Self-Care:** Re-watch your favorite movie.
- **Romantic Idea:** Cuddle on the couch while watching TV.
- **Kindness Idea:** Ask someone what they're looking forward to this weekend.
- **Doodling Idea:** Lightbulb.
- **Watercoloring Idea:** Full moon.

DEEP CONVERSATION

An opportunity you wish you'd taken.

MAKE YOUR HOME COZY

Declutter the entryway to make room for boots, coats, and umbrellas.

JOURNALING FOR THE DAY

- **Morning:** Something fun you can do after work/in the evening.
- **Evening:** Write a thank-you letter to someone important to you.
- **Gratitude:** Milestones you've celebrated at home.
- **Self-Care:** One caring thing you could do for yourself this week.
- **One-Word:** Brilliance.