

26th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

You can make today magical.

- **Wake-Up Song:** "What Makes You Beautiful" One Direction
- **Positive Thought:** One thing I'm proud of accomplishing this month is...
- **September Motivation Song:** "Unstoppable" Sia

MEALS IDEAS

- **Breakfast:** Frittata
- **Lunch:** Broccoli cheddar soup with croutons
- **Dinner:** Salmon tacos

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Organize your reusable grocery bags (wash if necessary).
- **Decluttering:** Declutter and sort through sports and hobby gear.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Volunteer.
- **Self-Care:** Visit a museum, art gallery, or another place you love.
- **Romantic Idea:** Have a romantic date night out.
- **Kindness Idea:** Suggest a group activity in a friend group chat.
- **Doodling Idea:** Dahlia (flower).
- **Watercoloring Idea:** Fuzzy socks.

DEEP CONVERSATION

If you could do anything for a day, what it'd be.

MAKE YOUR HOME COZY

Place a basket by the entryway for scarves and other seasonal accessories.

JOURNALING FOR THE DAY

- **Morning:** Something kind you can do for your family/close friends this weekend.
- **Evening:** Hobbies you really enjoyed this month.
- **Gratitude:** Hobbies and activities your home has facilitated.
- **Self-Care:** Self-care ideas that helped in the past.
- **One-Word:** Beauty.