

27th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Just focus on the next step forward.

- **Wake-Up Song:** "Fireflies" Owl City
- **Positive Thought:** Something I love about my city/town is...
- **September Motivation Song:** "Whatever It Takes" Imagine Dragons

MEALS IDEAS

- **Breakfast:** Egg, pesto & mozzarella breakfast sandwich
- **Lunch:** Smoked salmon bagel sandwich
- **Dinner:** Spinach frittata

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Clean inside the kitchen cabinets and polish the outside.
- **Decluttering:** Declutter your backpack/purse and suitcases.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Try geocaching.
- **Self-Care:** Go on a date (or, if single, a friend date with your best friend).
- **Romantic Idea:** Get them a cozy fall/winter sweater or socks.
- **Kindness Idea:** Message someone 'no need to reply, just hope you're well'.
- **Doodling Idea:** Grapes.
- **Watercoloring Idea:** Football.

DEEP CONVERSATION

A memorable surprise and what made it special.

MAKE YOUR HOME COZY

Declutter other areas of the house you've been meaning to.

JOURNALING FOR THE DAY

- **Morning:** Something kind you can do for yourself.
- **Evening:** New hobbies you really want to try.
- **Gratitude:** How your relationship with your home has changed.
- **Self-Care:** Small cozy gifts you could get yourself (e.g., fluffy socks).
- **One-Word:** Stability.