

28th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Today, shine bright.

- **Wake-Up Song:** “How Far I’ll Go” Moana
- **Positive Thought:** Next month, I’m looking forward to...
- **September Motivation Song:** “I Was Born” Hanson

MEALS IDEAS

- **Breakfast:** Banana bread (make-ahead)
- **Lunch:** Butternut squash soup with sourdough
- **Dinner:** Chicken Vesuvio

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Defrost freezer (if needed).
- **Decluttering:** Sort through workout gear.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Follow a free dance tutorial.
- **Self-Care:** Declutter and organize your workspace.
- **Romantic Idea:** Stargaze in the evening from the backyard or the window.
- **Kindness Idea:** Put an uplifting note on the refrigerator door.
- **Doodling Idea:** Key.
- **Watercoloring Idea:** Flannel shirt.

DEEP CONVERSATION

What song you’d pick as the soundtrack to your life.

MAKE YOUR HOME COZY

Compile fall recipes you want to try, and find a spot for the recipe book in the kitchen.

JOURNALING FOR THE DAY

- **Morning:** One thing to achieve this week.
- **Evening:** Something you realized this month.
- **Gratitude:** Quirks about your home you’ve learned to love.
- **Self-Care:** Things you loved about this month.
- **One-Word:** Openness.