

29th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Every sunrise is a new opportunity.

- **Wake-Up Song:** “Brighter Than the Sun” Colbie Caillat
- **Positive Thought:** My favorite memory from this month was...
- **September Motivation Song:** “A Million Dreams” from The Greatest Showman

MEALS IDEAS

- **Breakfast:** Mini quiche (make-ahead)
- **Lunch:** Chili hot dog
- **Dinner:** Greek meatballs

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Shake out and refill the flour, sugar, and other such containers.
- **Decluttering:** Declutter and organize the linen closet.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Go for a scenic sunset walk.
- **Self-Care:** Have a 15-minute journaling session.
- **Romantic Idea:** Take a romantic couple photo today.
- **Kindness Idea:** Say ‘hi’ to someone on your commute.
- **Doodling Idea:** Crown.
- **Watercoloring Idea:** Caramel apple.

DEEP CONVERSATION

If this September was a book, what you would title it.

MAKE YOUR HOME COZY

Make a cozy fall playlist with your favorite songs.

JOURNALING FOR THE DAY

- **Morning:** Small achievements from this month.
- **Evening:** One thing that made you smile today.
- **Gratitude:** The quietest times in your home.
- **Self-Care:** Things you want more of in your life now.
- **One-Word:** Vision.