

30th of September *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Forget about being perfect; just be you.

- **Wake-Up Song:** "Walking on Sunshine" Katrina and the Waves
- **Positive Thought:** I am proud of myself for...
- **September Motivation Song:** "Born for This" The Score

MEALS IDEAS

- **Breakfast:** Croissant
- **Lunch:** Turkey and spinach wrap
- **Dinner:** Eggplant feta wrap

CLEAN & DECLUTTER

- **Kitchen Deep Clean:** Do a quick regular kitchen clean to fully reset the rest of the kitchen.
- **Decluttering:** Take 30 minutes to declutter the car.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Write down a bucket list for next month.
- **Self-Care:** Make a list of things you're looking forward to for the rest of the year.
- **Romantic Idea:** Cook their favorite dinner (or get their favorite takeout).
- **Kindness Idea:** Send a 'hope you had a great month' message to someone.
- **Doodling Idea:** Maple leaf.
- **Watercoloring Idea:** Mug with steam.

DEEP CONVERSATION

One thing you'd change about the past.

MAKE YOUR HOME COZY

Bake an apple pie or cobbler and enjoy your fall-scented home.

JOURNALING FOR THE DAY

- **Morning:** How working on your top goal this month went.
- **Evening:** Your thoughts on this month.
- **Gratitude:** How your bed makes you feel after a long day.
- **Self-Care:** Things you're looking forward to next month.
- **One-Word:** Simplicity.