

# November 2nd

## Planner Ideas

..... Ordinary & Happy .....

### MOOD

- **Wake-Up Song:** "Love Is an Open Door" Kristen Bell & Santino Fontana (from Frozen)
- **Fill-in-the-Blank Positive Thought:** Good things I hope will happen this month include...
- **Song for a Grateful Mood:** "What a Wonderful World" Louis Armstrong

### JOURNALING IDEAS

- **Morning Journaling Prompt:** One positive habit to work on this month.
- **Evening Journaling Prompt:** Things you're looking forward to this month.
- **'Being Present' Journaling:** The most beautiful thing you can see out of the nearest window.
- **Positivity Journaling for Cold Nights:** A part of your personality you want to show more of.

### IDEAS FOR ACTIVITIES & THINGS TO DO

- **Self-Care Idea:** Sleep in.
- **Quick Decluttering Idea:** Put away ten items that are not in their right place.
- **One Thing to Learn:** How to make the perfect scrambled eggs.
- **Trying Something New:** Try a new outdoor activity (e.g., paintballing, golf, rock climbing).
- **Doodling Idea:** An old clock.
- **Watercoloring Idea:** Topaz (gem).
- **Photo Idea:** A scenic place you discovered recently.

### FOOD IDEAS

- **Breakfast:** Broccoli Cheese Frittata or Scrambled Eggs
- **Lunch:** Smoked Salmon Bagel Sandwich
- **Dinner:** Roast Chicken and Veggies

### MOTIVATION IDEAS

- Choose one thing to focus and work on.
- Get an accountability buddy.
- Go somewhere new for a change of scenery.

### CONVERSATION TOPIC

Your favorite movie to watch on rainy days at home.

### INSPIRATIONAL MESSAGE

Your smile can make the world a little brighter.