Full-Day Planner *for* November 10th

Ordinary & Happy

POSITIVITY IDEAS FOR THE DAY

- **Wake-Up Song:** "Go the Distance" Roger Bart (from Hercules)
- **Fill-in-the-Blank Positive Thought:** My favorite memory from last week was...
- **Song for a Grateful Mood:** "Kind & Generous" Natalie Merchant

MEAL IDEAS

- **Breakfast:** Egg muffins.
- **Lunch:** Salami and cheese sandwich.
- **Dinner:** Chicken and rice casserole.

MOTIVATION IDEAS

- Give yourself micro-rewards for completing tasks.
- Use a habit tracker.
- When something feels overwhelming, start with just 5 minutes of working on it.

WHAT TO JOURNAL ABOUT

- **Morning Journaling Prompt:** Your weekend highlights.
- **Evening Journaling Prompt:** The best part of today.
- **'Being Present' Journaling:** A fond memory you have from a cozy sweater or piece of clothing you're wearing.
- **Positivity Journaling for Cold Nights:** What brings you a sense of peace when you look out of the window.

ACTIVITIES AND THINGS TO DO

- **Self-Care Idea:** Write down 3 things you're grateful for.
- **Quick Decluttering Idea:** Take 20 minutes to tidy a bit of the pantry/cupboards.
- **One Thing to Learn:** How to read a clothing care label.
- **Trying Something New:** Get a giant puzzle to work on at home.
- **Doodling Idea:** Bus.
- **Watercoloring Idea:** Classic car.
- **Photo Idea:** Something you're cooking today.

INSPIRATIONAL MESSAGE

Cherish the simple moments.

CONVERSATION TOPIC

Your favorite holiday.