

November 11th Daily Planner

..... Ordinary & Happy

FEEL-GOOD MOOD IDEAS

- **Wake-Up Song:** “The Traveling Song” will.i.am (from Madagascar 2).
- **Fill-in-the-Blank Positive Thought:** Something kind someone did for me recently was...
- **Song for a Grateful Mood:** “Higher Love” Steve Winwood.

MEAL SUGGESTIONS

- **Breakfast:** Blueberry granola yogurt parfaits.
- **Lunch:** Chicken and avocado wrap.
- **Dinner:** Enchiladas with side salad.

MOTIVATION IDEAS

- Repeat positive statements to yourself.
- Make your workspace more comfortable.
- When overwhelmed, choose just one thing to focus on.

JOURNALING IDEAS

- **Morning Journaling Prompt:** One simple thing you’d be happy to achieve this week.
- **Evening Journaling Prompt:** Something that made you smile today.
- **‘Being Present’ Journaling:** Something you usually rush that you can try to give more attention to.
- **Positivity Journaling for Cold Nights:** What someone could learn from you.

THINGS TO DO AND ACTIVITIES TO PLAN

- **Self-Care Idea:** Do 15 minutes of morning or evening journaling.
- **Quick Decluttering Idea:** Wipe down the small appliances in the kitchen.
- **One Thing to Learn:** How to spot a constellation in the sky.
- **Trying Something New:** Visit a museum or art gallery you haven’t been to before.
- **Doodling Idea:** Medal.
- **Watercoloring Idea:** Red poppy.
- **Photo Idea:** Something that represents a dream of yours.

INSPIRATIONAL MESSAGE

Make time for the people you love.

CONVERSATION TOPIC

The best day of your life.