

# 13th November Daily Planner

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

## FEEL-GOOD IDEAS

- **Wake-Up Song:** “Touch the Sky” Julie Fowlis (from Brave).
- **Fill-in-the-Blank Positive Thought:** The best thing about my family is...
- **Song for a Grateful Mood:** “Feeling Good” Nina Simone

## FOODS TO MAKE

- **Breakfast:** Toast with jam
- **Lunch:** Egg salad sandwich
- **Dinner:** Sheet-pan salmon and veggies

## MOTIVATION TIPS

- Attend an inspiring public lecture or talk.
- Try noise-canceling headphones.
- Put encouraging post-it notes around the house.

## WHAT TO JOURNAL ABOUT FOR THE DAY

- **Morning Journaling Prompt:** One kind thing you could do for someone today.
- **Evening Journaling Prompt:** Unexpectedly good things that happened recently.
- **‘Being Present’ Journaling:** The most comforting sound you can hear if you go outside now, and why.
- **Positivity Journaling for Cold Nights:** What part of your town or city is most beautiful during fall.

## CONVERSATION TOPIC

Favorite pizza toppings.

## INSPIRATIONAL MESSAGE

Start with just one small step toward your dreams today.

## ACTIVITIES YOU COULD DO

- **Self-Care Idea:** Listen to your favorite relaxing songs.
- **Quick Decluttering Idea:** Organize your tea and coffee supplies.
- **One Thing to Learn:** A basic dance move.
- **Trying Something New:** Try a new flavor of tea.
- **Doodling Idea:** Pretzel.
- **Watercoloring Idea:** Puzzle piece.
- **Photo Idea:** A famous landmark in your city/town.