

# 14th November Full-Day Planner

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

## POSITIVITY IDEAS

- **Wake-Up Song:** “Under the Sea” Samuel E. Wright (from The Little Mermaid)
- **Fill-in-the-Blank Positive Thought:** The best thing about my friends is...
- **Song for a Grateful Mood:** “Beauty in the World” Macy Gray

## FOOD & MEAL IDEAS

- **Breakfast:** Berry smoothie.
- **Lunch:** Greek salad.
- **Dinner:** Crispy chicken burger.

## MOTIVATION IDEAS

- Read books on topics that interest you.
- Create an evening routine that works for you.
- Try working from a different place (if working remotely) like a new coffee shop or co-working space.

## JOURNALING SUGGESTIONS

- **Morning Journaling Prompt:** One kind thing to do for yourself today or this weekend.
- **Evening Journaling Prompt:** How you stepped out of your comfort zone this week.
- **‘Being Present’ Journaling:** How the sky makes you feel when you look up at it.
- **Positivity Journaling for Cold Nights:** What you’d tell your younger self to inspire them about life.

## CONVERSATION TOPIC

What language you’d love to learn.

## INSPIRATIONAL MESSAGE

Your life is your masterpiece. And, just like with any masterpiece, you have to work on it a little bit every day.

## THINGS TO DO AND ACTIVITIES TO TRY

- **Self-Care Idea:** Have movie night in.
- **Quick Decluttering Idea:** Toss any broken dishes and mugs.
- **One Thing to Learn:** How to make a balloon animal.
- **Trying Something New:** Decorate a small space at home.
- **Doodling Idea:** Chandelier.
- **Watercoloring Idea:** French toast.
- **Photo Idea:** A romantic view at sunset.