Full-Day Planner *for* November 15th

Ordinary & *Happy*

FEEL-GOOD POSITIVE IDEAS

- **Wake-Up Song:** "If I Didn't Have You" Billy Crystal & John Goodman (from Monsters,Inc.)
- **Fill-in-the-Blank Positive Thought:** Opportunities I'm grateful for include...
- **Song for a Grateful Mood:** "Greatest Day" Take That

MEAL IDEAS

- **Breakfast:** Breakfast tacos.
- **Lunch:** Burrito bowl.
- **Dinner:** Fall harvest salad.

MOTIVATION TIPS

- Declutter & tidy your home regularly.
- Get enough sleep every night.
- Go for scenic walks to get inspired.

JOURNALING FOR THE DAY

- **Morning Journaling Prompt:** Last time you had a lot of fun and how you can recreate that.
- **Evening Journaling Prompt:** Small wins from the week.
- **'Being Present' Journaling:** What makes you hopeful when you look around right now.
- **Positivity Journaling for Cold Nights:** If you had to volunteer today, what you'd do.

INSPIRATIONAL MESSAGE

Every morning can be the fresh start you need.

CONVERSATION TOPIC

Your most interesting talent.

ACTIVITIES AND THINGS TO DO

- **Self-Care Idea:** Make some time for your favorite hobby.
- **Quick Decluttering Idea:** Tidy and organize the spice cabinet/shelf.
- **One Thing to Learn:** Good sitting posture.
- **Trying Something New:** Take a new hobby class (e.g., glassblowing, pottery).
- **Doodling Idea:** Carrot cake.
- **Watercoloring Idea:** Grapefruit.
- **Photo Idea:** Roasting marshmallows and making s'mores.