

Ideas for the 16th of November

Ordinary & Happy

MORNING GOOD MOOD IDEAS

- **Wake-Up Song:** “The Family Madrigal” Stephanie Beatriz, Olga Merediz & cast (from Encanto)
- **Fill-in-the-Blank Positive Thought:** Three things I love about my home are...
- **Song for a Grateful Mood:** “Pocketful of Sunshine” Natasha Bedingfield

MEAL IDEAS

- **Breakfast:** Apple-cinnamon French toast.
- **Lunch:** Avocado toast with eggs and smoked salmon.
- **Dinner:** Meatloaf and mashed potatoes.

MOTIVATION IDEAS

- Get the most challenging task done first today.
- Start a motivation journal (write down quotes, thoughts, and other inspirational things).
- Reflect regularly on your progress.

WHAT TO JOURNAL ABOUT FOR THE DAY

- **Morning Journaling Prompt:** Your favorite things so far this fall.
- **Evening Journaling Prompt:** Things that made you feel reenergized this week.
- **‘Being Present’ Journaling:** Something ordinary you pass by every day that you can take more notice of tomorrow.
- **Positivity Journaling for Cold Nights:** What you can do in the morning to help you feel hopeful.

ACTIVITIES AND THINGS TO DO

- **Self-Care Idea:** Read a chapter (or more) from a book you love.
- **Quick Decluttering Idea:** Set a timer for 20 minutes to organize the kitchen.
- **One Thing to Learn:** How to fold a paper airplane.
- **Trying Something New:** Try a new brunch recipe at home.
- **Doodling Idea:** Crown.
- **Watercoloring Idea:** Coffee shop window.
- **Photo Idea:** Your favorite book and a cup of hot cocoa.

CONVERSATION TOPIC

Creative projects you’re working on.

INSPIRATIONAL MESSAGE

Speak to yourself the way you’d speak to someone you love.