

17th November Full-Day Planner

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

POSITIVITY IDEAS

- **Wake-Up Song:** “Shiny” Jemaine Clement (from Moana)
- **Fill-in-the-Blank Positive Thought:** My favorite activity from this past weekend was...
- **Song for a Grateful Mood:** “Grateful” Rita Ora

FOOD IDEAS

- **Breakfast:** Granola and yogurt.
- **Lunch:** Sweet chili chicken wrap.
- **Dinner:** Butternut squash soup.

GET MOTIVATED

- Always be looking to learn new things.
- Think of the best scenarios (not just the worst).
- Let go of perfectionism and get things done.

ACTIVITIES AND THINGS TO DO

- **Self-Care Idea:** Add an inspiring framed quote to your workspace.
- **Quick Decluttering Idea:** Toss any single socks without a pair.
- **One Thing to Learn:** How to change a tire.
- **Trying Something New:** Take a photo of something new today.
- **Doodling Idea:** Dress.
- **Watercoloring Idea:** Popcorn.
- **Photo Idea:** A happy selfie.

JOURNALING FOR THE DAY

- **Morning Journaling Prompt:** Things you still want to do before the end of the season.
- **Evening Journaling Prompt:** Something you did today you're proud of.
- **'Being Present' Journaling:** Things around you that cost little to nothing that you're grateful for.
- **Positivity Journaling for Cold Nights:** The last thing you read that made you smile.

CONVERSATION TOPIC

A superpower you'd love to have.

INSPIRATIONAL MESSAGE

Always remember you are enough.