

Daily Planner *for* November 1st

..... Ordinary & *Happy*

MOOD

- **Wake-Up Song:** "Stand Out" Tevin Campbell (from A Goofy Movie)
- **Fill-in-the-Blank Positive Thought:** This November, I'm looking forward to...
- **Song for a Grateful Mood:** "Days Like This" Van Morrison

JOURNALING IDEAS

- **Morning Journaling Prompt:** Your top three goals for the month.
- **Evening Journaling Prompt:** Big achievements from last month.
- **'Being Present' Journaling:** What makes you smile in the room you're in right now.
- **Positivity Journaling for Cold Nights:** Someone you could check in with to make them feel less alone.

IDEAS FOR ACTIVITIES & THINGS TO DO

- **Self-Care Idea:** Go for a scenic walk.
- **Quick Decluttering Idea:** Organize your wallet and purse.
- **One Thing to Learn:** 'Hello' in three different languages.
- **Trying Something New:** Go to a fall fair or festival.
- **Doodling Idea:** Apple tree.
- **Watercoloring Idea:** Fall wreath.
- **Photo Idea:** Something that inspires you.

FOOD IDEAS

- **Breakfast:** Pumpkin Spice
- Pancakes
- **Lunch:** Roasted Vegetable Salad
- **Dinner:** Spaghetti Bolognese

MOTIVATION IDEAS

- Start a 30-day challenge.
- Create a priorities list for next week.
- Organize your calendar for 5 mins.

CONVERSATION TOPIC

Your favorite memory this year.

INSPIRATIONAL MESSAGE

You are capable of so many things.