

Ideas for the 20th of November

Ordinary & Happy

GET INTO A GOOD MOOD

- **Wake-Up Song:** “Almost There” Anika Noni Rose (from The Princess and the Frog).
- **Fill-in-the-Blank Positive Thought:** Movies and shows I’ve enjoyed watching recently include...
- **Song for a Grateful Mood:** “I Am What I Am” Gloria Gaynor.

FOOD IDEAS

- **Breakfast:** Banana bread.
- **Lunch:** Caprese sandwich.
- **Dinner:** Sheet-pan lemon chicken and peppers with rice.

GET MOTIVATED

- You don’t need to always have everything figured out before you take the first step.
- Ask yourself what you’d do if you believed in yourself fully and knew you couldn’t fail.
- Often, success is just about showing up and doing the simple things consistently.

ALL DAY JOURNALING

- **Morning Journaling Prompt:** One way life has been better recently.
- **Evening Journaling Prompt:** Things that bring you inner calm.
- **‘Being Present’ Journaling:** Things you can think about right now that fill your heart with love.
- **Positivity Journaling for Cold Nights:** What about the year surprised you in a good way.

IDEAS FOR THINGS TO DO

- **Self-Care Idea:** Take a no-screen break.
- **Quick Decluttering Idea:** Organize all the hangers in the closet.
- **One Thing to Learn:** Good standing posture.
- **Trying Something New:** Read an article about a topic you know little about.
- **Doodling Idea:** Loaf of bread.
- **Watercoloring Idea:** November calendar page.
- **Photo Idea:** A beautiful old building.

CONVERSATION TOPIC

Happiest childhood memory.

INSPIRATIONAL MESSAGE

Show up for yourself and the people you love.