

# 21st of November Daily Planner

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

## GOOD MOOD SUGGESTIONS

- **Wake-Up Song:** “Dig a Little Deeper” Jenifer Lewis & The Pinnacle Gospel Choir (from The Princess and the Frog).
- **Fill-in-the-Blank Positive Thought:** The best thing about the workweek was...
- **Song for a Grateful Mood:** “It’s a Great Day to Be Alive” Travis Tritt.

## MEAL IDEAS

- **Breakfast:** Muesli, fruit, and yogurt.
- **Lunch:** Pesto chicken sandwich.
- **Dinner:** Sushi bowls.

## MOTIVATION IDEAS

- Make a 10-year plan and break it down into smaller (5-year, 1-year, 6-month ones).
- Think about role models around you and lessons you can learn from them.
- Find a system that works for you (e.g., writing things down on paper, a to-do list app, a shared calendar).

## ACTIVITIES AND THINGS TO DO

- **Self-Care Idea:** Catch up on your favorite TV show.
- **Quick Decluttering Idea:** Donate shoes you no longer need.
- **One Thing to Learn:** Fahrenheit to Celsius temperature conversion.
- **Trying Something New:** Try a new board game with friends.
- **Doodling Idea:** Badger.
- **Watercoloring Idea:** Moon through the clouds.
- **Photo Idea:** A fall fair or festival.

## JOURNALING IDEAS

- **Morning Journaling Prompt:** A recent achievement you’re proud of.
- **Evening Journaling Prompt:** Positive lessons from the week.
- **‘Being Present’ Journaling:** Things you can touch right now that are soft and comfortable.
- **Positivity Journaling for Cold Nights:** One thing you’ll never tire of, no matter how tough your day.

## CONVERSATION TOPIC

Classes you’re taking or skills you’re learning.

## INSPIRATIONAL MESSAGE

Your grace, energy, and kind actions bring so much to the world.