

Ideas for 22nd of November

Ordinary & Happy

MORNING GOOD MOOD IDEAS

- **Wake-Up Song:** “Le Festin” Camille (from Ratatouille).
- **Fill-in-the-Blank Positive Thought:** The best weekend I’ve ever had was...
- **Song for a Grateful Mood:** “I Lived” OneRepublic.

MEAL IDEAS

- **Breakfast:** Breakfast burrito.
- **Lunch:** Grilled salmon rice bowl.
- **Dinner:** Chicken salad sandwich.

MOTIVATION IDEAS

- Don’t underestimate the role of relaxing and recharging in your motivation and getting things done.
- Do at least one fun thing a day (even if it’s just 5 minutes of your time).
- Think of something positive as soon as you wake up in the morning (e.g., an event you’re looking forward to, a meaningful gift you received, your favorite memory).

WHAT TO JOURNAL ABOUT FOR THE DAY

- **Morning Journaling Prompt:** One self-care activity to do this weekend.
- **Evening Journaling Prompt:** Experiences you’re grateful for this week.
- **‘Being Present’ Journaling:** What colors you notice when you look outside.
- **Positivity Journaling for Cold Nights:** What you could share in your friend group chat to make everyone feel great.

ACTIVITIES AND THINGS TO DO

- **Self-Care Idea:** Meet up for brunch with a friend/family.
- **Quick Decluttering Idea:** Sort through your accessories and organize them.
- **One Thing to Learn:** Pounds to kilograms conversion.
- **Trying Something New:** Visit the local library and get a book you haven’t read before.
- **Doodling Idea:** Tractor.
- **Watercoloring Idea:** Cabin in the woods.
- **Photo Idea:** Seasonal produce at the farmers’ market.

CONVERSATION TOPIC

Places you’d love to live for a year.

INSPIRATIONAL MESSAGE

A kind word for someone today could inspire them for the rest of the month or even stay with them forever.