

November 23rd Full-Day Planner

..... Ordinary & Happy

WAKE UP AND GET INTO A GOOD MOOD

- **Wake-Up Song:** “Life Is a Highway” Rascal Flatts (from Cars).
- **Fill-in-the-Blank Positive Thought:** Something that made me smile this weekend was...
- **Song for a Grateful Mood:** “You Are Enough” Sleeping at Last.

MEAL IDEAS

- **Breakfast:** Bagels with smoked salmon and cream cheese.
- **Lunch:** Butternut squash soup.
- **Dinner:** Lasagna with side salad.

WAYS TO MOTIVATE YOURSELF

- Set milestones for all projects and reward yourself for achieving them.
- When experiencing a setback, give yourself some time to process it and then start again.
- Read some inspiring success stories.

JOURNALING FOR THE WHOLE DAY

- **Morning Journaling Prompt:** Things you’re looking forward to next week.
- **Evening Journaling Prompt:** The highlights of the past week.
- **‘Being Present’ Journaling:** Vivid and beautiful memories that you associate with certain songs.
- **Positivity Journaling for Cold Nights:** What’s been unexpectedly good about the year.

IDEAS FOR THINGS YOU COULD DO TODAY

- **Self-Care Idea:** Have an at-home spa day or hour.
- **Quick Decluttering Idea:** Find one item (or more) in your closet to donate.
- **One Thing to Learn:** Miles to kilometers conversion.
- **Trying Something New:** Have a karaoke night at home.
- **Doodling Idea:** Cozy armchair.
- **Watercoloring Idea:** Persimmon.
- **Photo Idea:** Something that makes you feel grateful.

CONVERSATION IDEA

Favorite holiday dishes.

INSPIRATIONAL MESSAGE

Don’t let self-doubt get in the way of your talent and opportunities.