

# November 24th Ideas & Planner

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

## POSITIVE MORNING IDEAS

- **Wake-Up Song:** “We Belong Together” Randy Newman (from Toy Story 3).
- **Fill-in-the-Blank Positive Thought:** Something good I hope will happen this week is...
- **Song for a Grateful Mood:** “The Best Is Yet to Come” Frank Sinatra & Count Basie.

## MOTIVATIONAL IDEAS

- Decide on your next day’s priorities the night before.
- Have a journal to track all your wins.
- Pair a task you don’t like with one you like (e.g. doing chores while listening to your favorite podcast).

## FOOD IDEAS

- **Breakfast:** Sausage egg muffins.
- **Lunch:** Prosciutto mozzarella focaccia sandwich.
- **Dinner:** Grilled halloumi salad.

## ACTIVITIES AND IDEAS FOR THE DAY

- **Self-Care Idea:** Watch an inspirational speech/talk.
- **Quick Decluttering Idea:** Declutter and tidy the nightstands in the bedroom.
- **One Thing to Learn:** How to speed read.
- **Trying Something New:** Have a picnic indoors.
- **Doodling Idea:** Picket fence.
- **Watercoloring Idea:** Star anise.
- **Photo Idea:** A fun activity.

## A DAY OF JOURNALING

- **Morning Journaling Prompt:** One new thing to try today.
- **Evening Journaling Prompt:** Positive things you hope will happen this week.
- **‘Being Present’ Journaling:** What you love about the person you are, right now.
- **Positivity Journaling for Cold Nights:** Ways you’ve made your home beautiful.

## INSPIRATIONAL MESSAGE

The little wins add up.

## CONVERSATION TOPIC

You dream dinner party guest list.