

Daily Planner for the 27th of November

..... Ordinary & Happy

FEEL-GOOD IDEAS

- **Wake-Up Song:** “Try Everything” Shakira (from Zootopia).
- **Fill-in-the-Blank Positive Thought:** My favorite thing about today was...
- **Song for a Grateful Mood:** “Thanksgiving Theme” Vince Guaraldi Trio.

MOTIVATIONAL IDEAS

- Create a ‘focus’ playlist.
- Use visual cues (e.g., gym bag by the door).
- Collaborate with people who motivate you.

MEAL IDEAS

- **Breakfast:** Banana muffins
- **Lunch:** Roast turkey and sides
- **Dinner:** Roast turkey and other Thanksgiving dishes

WHAT TO JOURNAL ABOUT

- **Morning Journaling Prompt:** Three things you’re grateful for today.
- **Evening Journaling Prompt:** Things that have been inspiring you lately.
- **‘Being Present’ Journaling:** What you love about the people you’re with, or have spent time with, today.
- **Positivity Journaling for Cold Nights:** Habits and traits you love about the people you’re with today.

ACTIVITIES FOR THE DAY

- **Self-Care Idea:** Catch up with friends and family for Thanksgiving.
- **Quick Decluttering Idea:** Pretend guests are coming over and tidy the living room.
- **One Thing to Learn:** How to bake an apple pie from scratch.
- **Trying Something New:** Try a new Thanksgiving recipe.
- **Doodling Idea:** Pumpkin pie (slice)
- **Watercoloring Idea:** ‘Thanksgiving’ word art
- **Photo Idea:** Thanksgiving family or friend photo.

CONVERSATION TOPIC

TV shows you’re currently watching and would recommend.

INSPIRATIONAL MESSAGE

You have the strength to overcome challenges.