

29th November Full-Day Plan

Ordinary & Happy

POSITIVITY SUGGESTIONS

- **Wake-Up Song:** "You'll Be in My Heart" Phil Collins (from Tarzan).
- **Fill-in-the-Blank Positive Thought:** I love that...
- **Song for a Grateful Mood:** "The House That Built Me" Miranda Lambert.

IDEAS AND ACTIVITIES

- **Self-Care Idea:** Journal about how your month went.
- **Quick Decluttering Idea:** Take 20 minutes to tidy and organize the bathroom.
- **One Thing to Learn:** How to make an origami paper boat.
- **Trying Something New:** Make a playlist of only 'new' songs you haven't heard before.
- **Doodling Idea:** Necklace.
- **Watercoloring Idea:** Rustic barn.
- **Photo Idea:** A beautiful sunrise.

MOTIVATIONAL TIPS

- When you're ready to quit, do just one more action (e.g. do one more minute of work, write one more paragraph).
- Give yourself permission to be imperfect and just get things done.
- Ask yourself what things would make the task easier (e.g. a different location, some music).

MEAL IDEAS

- **Breakfast:** Eggs Benedict
- **Lunch:** Turkey apple sandwich
- **Dinner:** Leftover roast turkey soup

JOURNALING IDEAS

- **Morning Journaling Prompt:** Upcoming holidays/events you're excited about.
- **Evening Journaling Prompt:** Good choices you're proud to have made this month.
- **'Being Present' Journaling:** What you can hear right now that makes you feel grounded.
- **Positivity Journaling for Cold Nights:** Small wins you're proud of this month.

INSPIRATIONAL MESSAGE

Your voice, presence, and ideas matter.

CONVERSATION TOPIC

If you could live in a movie, which one it would be.