

November 3rd

Daily Planner & Ideas

..... Ordinary & Happy

POSITIVE MOOD IDEAS

- **Wake-Up Song:** "Couldn't Be Better" Kelly Clarkson (from UglyDolls)
- **Fill-in-the-Blank Positive Thought:** Three things I'm grateful for today are...
- **Song for a Grateful Mood:** "Lovely Day" Bill Withers

JOURNALING

- **Morning Journaling Prompt:** People you want to reconnect with this week.
- **Evening Journaling Prompt:** One good thing that happened today.
- **'Being Present' Journaling:** Things that make you feel warm and cozy right now.
- **Positivity Journaling for Cold Nights:** Someone or something that has been a constant source of comfort all year.

MEAL IDEAS

- **Breakfast:** Apple cinnamon oatmeal
- **Lunch:** Deli turkey sandwich
- **Dinner:** Shrimp rice bowl

MOTIVATION IDEAS

- Celebrate a recent small win.
- Read inspiring quotes.
- Start an idea journal.

THINGS YOU COULD DO TODAY

- **Self-Care Idea:** Enjoy a pumpkin spice latte.
- **Quick Decluttering Idea:** Set a 15-minute timer to go through mail & other paperwork.
- **One Thing to Learn:** How to make a pumpkin spice latte at home.
- **Trying Something New:** Learn how to say 'hello' or 'thank you' in 3 different languages.
- **Doodling Idea:** Clementine
- **Watercoloring Idea:** Pancakes
- **Photo Idea:** Something that signifies fall to you.

CONVERSATION IDEA

Something that's on your fall or winter bucket list.

INSPIRATIONAL MESSAGE

Go into today lighter. Let go of yesterday, and make today memorable.