

Daily Planner *for* November 4th (Ideas, Inspiration, & Things to Do)

..... Ordinary & Happy

GOOD MOOD IDEAS

- **Wake-Up Song:** “Just Sing” (from Trolls World Tour)
- **Fill-in-the-Blank Positive Thought:** Something I love about myself recently is...
- **Song for a Grateful Mood:** “Gratitude” Jason Mraz

WHAT TO JOURNAL ABOUT

- **Morning Journaling Prompt:** One thing (you’ve been putting off) to work on today.
- **Evening Journaling Prompt:** Challenges you’ve overcome today.
- **‘Being Present’ Journaling:** The first positive thing that comes to mind after a big, deep breath.
- **Positivity Journaling for Cold Nights:** What is beautiful about a crisp night’s sky.

MEAL IDEAS

- **Breakfast:** Overnight citrus chia pudding
- **Lunch:** Southwest chicken wrap
- **Dinner:** Quesadillas with guacamole

MOTIVATION IDEAS

- Frame an inspirational quote or photo.
- Watch an inspiring speech (or a TED talk).
- Make a motivation playlist.

ACTIVITIES & IDEAS FOR THINGS TO DO

- **Self-Care Idea:** Catch up with a friend.
- **Quick Decluttering Idea:** Put away the Halloween decorations.
- **One Thing to Learn:** Five keyboard shortcuts.
- **Trying Something New:** Try a new snack from the grocery store.
- **Doodling Idea:** Camera
- **Watercoloring Idea:** Journal
- **Photo Idea:** A beautiful fall sunset.

INSPIRATIONAL MESSAGE

Be kind to yourself and others.

CONVERSATION TOPIC

You top three desert island items.