

# 5th November Planner

## (Things to Do, Feel-Good Ideas, & More)

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

### POSITIVE MOOD

- **Wake-Up Song:** "Friend Like Me" Robin Williams (from Aladdin)
- **Fill-in-the-Blank Positive Thought:** My favorite thing about work recently is...
- **Song for a Grateful Mood:** "Adventure of a Lifetime" Coldplay

### MEAL SUGGESTIONS

- **Breakfast:** Fried egg on avocado toast
- **Lunch:** Pesto pasta salad
- **Dinner:** Chicken noodle soup

### MOTIVATION

- Make friends with similar interests.
- Create a cozy corner for thinking.
- Break down a big goal into small tasks.

### TODAY'S JOURNALING

- **Morning Journaling Prompt:** Something that's brought you a lot of joy recently.
- **Evening Journaling Prompt:** Opportunities you've had today.
- **'Being Present' Journaling:** A heartwarming story behind an everyday item in a kitchen drawer.
- **Positivity Journaling for Cold Nights:** At-home routines that make you happy.

### THINGS YOU COULD DO TODAY

- **Self-Care Idea:** Tidy your living space for 15 minutes.
- **Quick Decluttering Idea:** Find one item to donate and one item to recycle.
- **One Thing to Learn:** How to fold clothes neatly.
- **Trying Something New:** Visit a new-to-you scenic spot for sunset.
- **Doodling Idea:** Gift box
- **Watercoloring Idea:** Bubble bath
- **Photo Idea:** Something that makes you happy.

### WHAT TO TALK ABOUT

A memorable gift.

### INSPIRATIONAL MESSAGE

Look for beauty in the ordinary.