

6th November Daily Planner

..... Ordinary & Happy

POSITIVITY IDEAS

- **Wake-Up Song:** “You’ve Got a Friend in Me” Randy Newman (from Toy Story)
- **Fill-in-the-Blank Positive Thought:** People I’ve loved catching up with recently include...
- **Song for a Grateful Mood:** “Sunny” Boney M.

JOURNALING IDEAS

- **Morning Journaling Prompt:** Things you’re looking forward to today.
- **Evening Journaling Prompt:** Something that made you happy today.
- **‘Being Present’ Journaling:** Moments of quiet you experienced today in between the noise and busy times.
- **Positivity Journaling for Cold Nights:** What’s been great about the year so far.

FOOD IDEAS

- **Breakfast:** Almond croissant
- **Lunch:** Ham and cheese rye sandwich
- **Dinner:** Taco salad

MOTIVATION IDEAS

- Take 5-minute movement breaks.
- Reach out to someone you find inspiring.
- Open the windows for fresh air or go for a short walk to clear your head.

THINGS TO DO & ACTIVITIES

- **Self-Care Idea:** Try pilates or stretching exercises at home.
- **Quick Decluttering Idea:** Tidy and organize any display shelves and wall art/photos.
- **One Thing to Learn:** How to take better photos on your phone.
- **Trying Something New:** Try a new 5-min morning routine (e.g., stretching).
- **Doodling Idea:** Basket with pears
- **Watercoloring Idea:** Turkey
- **Photo Idea:** A photo with friends at a get-together.

INSPIRATIONAL MESSAGE

The courage to be bold is within you.

CONVERSATION IDEA

Where you’d love to travel and what kind of travel you like (e.g., adventure, solo, cruise, culinary, backpacking).