

Planner for the 7th of November

Ordinary & Happy

FEEL-GOOD IDEAS

- **Wake-Up Song:** “Un Poco Loco” Anthony Gonzalez & Gael Garcia Bernal (from Coco)
- **Fill-in-the-Blank Positive Thought:** Something funny that happened recently was...
- **Song for a Grateful Mood:** “Be Thankful” Natalie Cole

JOURNALING CUES

- **Morning Journaling Prompt:** One thing to do to step out of your comfort zone today.
- **Evening Journaling Prompt:** Ways to recharge this weekend.
- **‘Being Present’ Journaling:** Imagine the vastness of the journey a piece of fruit or a vegetable in your kitchen took to get to you.
- **Positivity Journaling for Cold Nights:** What gives you hope going into next year.

MEAL IDEAS

- **Breakfast:** Green smoothie
- **Lunch:** Chicken Caesar salad
- **Dinner:** Flatbread pizza

MOTIVATION IDEAS

- Create a vision board for your dreams and goals.
- Declutter your workspace for 15 minutes.
- Write down what motivates you.

ACTIVITIES & IDEAS

- **Self-Care Idea:** Have a bubble bath with fall scents.
- **Quick Decluttering Idea:** Set a timer for 15 minutes and tidy the kitchen.
- **One Thing to Learn:** Five basic stretching exercises.
- **Trying Something New:** Cook a new dinner recipe.
- **Doodling Idea:** Star.
- **Watercoloring Idea:** Sweet potato.
- **Photo Idea:** Something that makes you feel cozy.

CONVERSATION TOPIC

TV show or movie endings you'd change.

INSPIRATIONAL MESSAGE

Every step forward matters.