

November 8th Daily Planner

..... Ordinary & Happy

FOR A POSITIVE MOOD

- **Wake-Up Song:** “Let It Grow (Celebrate the World)” Ester Dean (from The Lorax)
- **Fill-in-the-Blank Positive Thought:** Something I can do for self-care this weekend is...
- **Song for a Grateful Mood:** “Good Life” OneRepublic

MEAL SUGGESTIONS

- **Breakfast:** Sausage frittata
- **Lunch:** Tomato soup and grilled cheese
- **Dinner:** Fish tacos

TO GET MOTIVATED

- Try the Pomodoro technique (work for 25 mins and take a break for 5 mins).
- Write down where you want to be in a year.
- Try to find a mentor.

FOR JOURNALING

- **Morning Journaling Prompt:** Fun activities you’re looking forward to this weekend.
- **Evening Journaling Prompt:** Things you’re grateful for today.
- **‘Being Present’ Journaling:** Intently appreciate the craftsmanship of an item or appliance near you.
- **Positivity Journaling for Cold Nights:** People you can talk to who have an optimistic outlook.

THINGS YOU COULD DO

- **Self-Care Idea:** Take an afternoon nap.
- **Quick Decluttering Idea:** Choose one drawer in the kitchen to declutter and organize.
- **One Thing to Learn:** How to hold a proper plank.
- **Trying Something New:** Meet up with a friend at a new coffee shop.
- **Doodling Idea:** Guitar.
- **Watercoloring Idea:** Apple cider glass mug.
- **Photo Idea:** Reflections in a lake.

FOR INSPIRATION

Everyone's journey is unique, and that's completely okay.

CONVERSATION IDEA

The best piece of advice you’ve ever received.