

9th of November Daily Planner

..... Ordinary & Happy

START YOUR DAY IN A POSITIVE WAY

- **Wake-Up Song:** “When Can I See You Again” Owl City (from Wreck-It Ralph)
- **Fill-in-the-Blank Positive Thought:** I’m proud of myself for...
- **Song for a Grateful Mood:** “Happy” Pharrell Williams

JOURNALING FOR THE DAY

- **Morning Journaling Prompt:** Family and friends you want to catch up with.
- **Evening Journaling Prompt:** Your favorite memories this weekend.
- **‘Being Present’ Journaling:** The story behind the closest family photo or memento to you.
- **Positivity Journaling for Cold Nights:** Local places you can go to join a community activity.

FOOD OPTIONS

- **Breakfast:** Breakfast kolache
- **Lunch:** Flatbread pizza
- **Dinner:** Shepherd’s pie

MOTIVATION IDEAS

- Practice gratitude daily.
- Decide what ‘success’ means to you.
- Ask questions and stay curious.

IDEAS FOR THINGS TO DO

- **Self-Care Idea:** Go for a quick jog or walk.
- **Quick Decluttering Idea:** Choose three shelves in the pantry or cupboards to tidy and organize.
- **One Thing to Learn:** Basic sewing skills (like sewing a button).
- **Trying Something New:** Have brunch at a new restaurant.
- **Doodling Idea:** Map.
- **Watercoloring Idea:** Reading glasses.
- **Photo Idea:** A bouquet of fresh flowers.

CONVERSATION IDEA

Most challenging thing you’ve ever done.

INSPIRATIONAL MESSAGE

Don’t let unrealistic expectations stop you from shining.