

‘New Me, New Outlook’ Planner *for* November 1st

..... Ordinary & Happy

What I learned in October I can carry forward.

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What I’m moving on from in October.

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**What simple things I can do to have
more family time in November.**

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**Kind ways I can say ‘no’ to particular
social commitments if I need a break.**

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Ways I can make the most of the last weeks of fall.

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