

1st of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Enjoy that first sip of morning coffee. Love life's little joys.

- **Wake-Up Song:** "Best Day of My Life" American Authors
- **Positive Thought:** This October, I'm looking forward to...
- **Spooky Song:** "Oogie Boogie's Song" from The Nightmare Before Christmas

MEALS IDEAS

- **Breakfast:** Oatmeal with Apples and Banana
- **Lunch:** Ham and Cheese Wrap
- **Dinner:** Chicken Vesuvio (with Potatoes and Peas)

DAILY DECLUTTERING

Set up a donation box to add to throughout the month.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Go for a morning walk or step outside for fresh air if busy.
- **Self-Care:** Try 15 minutes of journaling in the evening.
- **Romantic Idea:** Get them an assortment of their favorite snacks from the store.
- **Kindness Idea:** Bring coffee or snacks to work.
- **Doodling Idea:** Pug in a pumpkin costume.
- **Watercoloring Idea:** Black coffee to latte.

DEEP CONVERSATION

Why you believe change is necessary.

SELF-IMPROVEMENT

Clear your desk or a small area in your home.

JOURNALING IDEAS

- **Morning:** A habit or routine that can bring stability in this time of change.
- **Evening:** Three big wins from last month.
- **Gratitude:** Simple things around you that bring you comfort.
- **Self-Care:** Things you did last month that made you feel good about yourself.
- **One-Word:** Beginnings.