

2nd of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Your smile makes you so beautiful.

- **Wake-Up Song:** "I'll Be There for You" The Rembrandts
- **Positive Thought:** People I want to reconnect with this month include...
- **Spooky Song:** "The Addams Family Theme" from The Addams Family

MEALS IDEAS

- **Breakfast:** Yogurt Parfait with Fruit
- **Lunch:** Caprese Salad
- **Dinner:** Ground Beef Tacos with Guacamole

DAILY DECLUTTERING

Do 15 minutes of surface decluttering and organizing in the living room (e.g., coffee table, TV stand).

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Sit outside with a warm drink and listen to the birds.
- **Self-Care:** Do a 15-minute stretching or pilates session at home.
- **Romantic Idea:** Plan a movie night at home.
- **Kindness Idea:** Encourage a friend to pursue their dreams.
- **Doodling Idea:** Dachshund as Count Dracula.
- **Watercoloring Idea:** Leaf turning from green to red.

DEEP CONVERSATION

A positive of the change from summer to fall.

SELF-IMPROVEMENT

Try some deep breathing exercises.

JOURNALING IDEAS

- **Morning:** Fall activities you're looking forward to.
- **Evening:** Three things you're grateful for this week.
- **Gratitude:** Something you use in everyday life you often overlook.
- **Self-Care:** Something simple that brought you joy recently.
- **One-Word:** Transformation.