

1st of November Planner

..... Ordinary & Happy

DAILY INSPIRATION

The year may be winding down, but you have many more adventures to go on.

- **Wake-Up Song:** "Love Is an Open Door" Kristen Bell & Santino Fontana (from Frozen)
- **Positive Thought:** This November, I'm looking forward to...
- **Grateful Mood Song:** "Soul Man" Sam & Dave

MEALS IDEAS

- **Breakfast:** Frittata
- **Lunch:** Tomato Soup & Bread
- **Dinner:** Chicken & Potatoes Dinner

DAILY DECLUTTERING

Put away ten items that are not in their right place.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Sleep in.
- **Romantic Idea:** Go to their favorite restaurant for brunch.
- **Kindness Idea:** Use the extra hour to call and catch up with someone.
- **Doodling Idea:** Old clock.
- **Watercoloring Idea:** Fall wreath.

DEEP CONVERSATION

If you had an extra hour every day, how you'd use it.

TRY SOMETHING NEW

Go to a fall fair or festival.

JOURNALING IDEAS

- **Morning:** Your top three goals for the month.
- **Evening:** Things you're looking forward to this month.
- **Gratitude:** Morning routines that ground you.
- **Self-Care:** If this year was a book, what this chapter would be called and the opportunities it may have.
- **One-Word:** Radiance.