2nd of November Planner

Ordinary & Happy

DAILY INSPIRATION

You can be a shining light, even on the greyest of mornings.

- **Wake-Up Song:** “Couldn’t Be Better” Kelly Clarkson (from UglyDolls)
- **Positive Thought:** Good things I hope will happen this month include...
- **Grateful Mood Song:** “Fun, Fun, Fun” The Beach Boys

MEALS IDEAS

- **Breakfast:** Yogurt Parfait
- **Lunch:** Salami Flatbread Wrap
- **Dinner:** Pasta Night

DAILY DECLUTTERING

Set a 15-minute timer to go through mail & other paperwork.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Enjoy a pumpkin spice latte.
- **Romantic Idea:** Leave them a sweet morning message on the nightstand.
- **Kindness Idea:** Get the house or loved ones some new pens or stationery.
- **Doodling Idea:** Clementine.
- **Watercoloring Idea:** Topaz (gem).

DEEP CONVERSATION

A goodbye that changed you for the better.

TRY SOMETHING NEW

Try a new outdoor activity (e.g., paintballing, golf, rock climbing).

JOURNALING IDEAS

- **Morning:** One positive habit to work on this month.
- **Evening:** One good thing that happened today.
- **Gratitude:** Nearby nature that calms you.
- **Self-Care:** Cozy foods and dishes you like to make.
- **One-Word:** Unity.