3rd of November Planner

Ordinary & Happy

DAILY INSPIRATION

Don't push everything to next year. Love as much of this year as you can.

- **Wake-Up Song:** "Just Sing" (from Trolls World Tour)
- **Positive Thought:** Three things I'm grateful for today are...
- **Grateful Mood Song:** "My Girl" Temptations

MEALS IDEAS

- **Breakfast:** Chia Pudding
- **Lunch:** Smoked Salmon Wrap & Chips
- **Dinner:** Burrito Night

DAILY DECLUTTERING

Put away the Halloween decorations.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Catch up with a friend.
- **Romantic Idea:** Surprise them with a morning coffee (or tea).
- **Kindness Idea:** Make a packed lunch for someone.
- **Doodling Idea:** Camera.
- **Watercoloring Idea:** Pancakes.

DEEP CONVERSATION

A time you spoke up and made a difference.

TRY SOMETHING NEW

Try a new snack from the grocery store.

JOURNALING IDEAS

- **Morning:** People you want to reconnect with this week.
- **Evening:** Challenges you've overcome today.
- **Gratitude:** Sounds you enjoy hearing.
- **Self-Care:** Unseen work you do that needs more acknowledgement.
- **One-Word:** Bravery.