# 4th of November Planner

Ordinary & Happy

## DAILY INSPIRATION

A bare branch, in time, will be full of life and color.

- **Wake-Up Song:** “Friend Like Me” Robin Williams (from Aladdin)
- **Positive Thought:** My favorite thing about work recently is...
- **Grateful Mood Song:** “Ain’t No Mountain High Enough” Marvin Gaye & Tammi Terrell

## MEALS IDEAS

- **Breakfast:** Green Smoothie
- **Lunch:** Club Sandwich
- **Dinner:** Chicken and Salad Dinner

## DAILY DECLUTTERING

Find one item to donate and one item to recycle.

☐ DECLUTTERING COMPLETED

## ACTIVITIES AND THINGS TO DO

- **Self-Care:** Tidy your living space for 15 minutes.
- **Romantic Idea:** Ask about their day.
- **Kindness Idea:** Bring some candy to work.
- **Doodling Idea:** Gift box.
- **Watercoloring Idea:** Bubble bath.

## DEEP CONVERSATION

If you just pause, right now, what’s the first positive thing you think of.

## TRY SOMETHING NEW

Visit a new-to-you scenic spot for sunset.

## JOURNALING IDEAS

- **Morning:** One thing (you’ve been putting off) to work on today.
- **Evening:** Opportunities you’ve had today.
- **Gratitude:** Small acts of kindness you did or witnessed recently.
- **Self-Care:** Something you can treat yourself to on a cold evening.
- **One-Word:** Innovation.