5th of November Planner

Ordinary & Happy

DAILY INSPIRATION

Even a small flame can warm a whole room, like your smile or your voice.

- **Wake-Up Song:** “You’ve Got a Friend in Me” Randy Newman (from Toy Story)
- **Positive Thought:** People I’ve loved catching up with recently include...
- **Grateful Mood Song:** “Twist and Shout” The Beatles

MEALS IDEAS

- **Breakfast:** Greek Yogurt & Fruit
- **Lunch:** Steak Panini & Fries
- **Dinner:** Fish Night

DAILY DECLUTTERING

Tidy and organize any display shelves and wall art/photos.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Try pilates or stretching exercises at home.
- **Romantic Idea:** Send them a sweet message in the afternoon.
- **Kindness Idea:** Share an easy, favorite recipe online.
- **Doodling Idea:** Basket with pears.
- **Watercoloring Idea:** Turkey.

DEEP CONVERSATION

A time you confided in someone you didn’t know well.

TRY SOMETHING NEW

Try a new 5-minute morning routine (e.g., stretching).

JOURNALING IDEAS

- **Morning:** Things you’re looking forward to today.
- **Evening:** Something that made you happy today.
- **Gratitude:** Technology that makes your life easier.
- **Self-Care:** A sweet moment from the past week you overlooked.
- **One-Word:** Fulfillment.