6th of November Planner

Ordinary & Happy

DAILY INSPIRATION

A cozy evening has endless opportunities for joy.

- **Wake-Up Song:** “Un Poco Loco” Anthony Gonzalez & Gael Garcia Bernal (from Coco)
- **Positive Thought:** Something funny that happened recently was...
- **Grateful Mood Song:** “Everyday People” Sly & The Family Stone

MEALS IDEAS

- **Breakfast:** Oatmeal & Maple Syrup
- **Lunch:** Mediterranean Salad
- **Dinner:** Burger Night

DAILY DECLUTTERING

Set a timer for 15 minutes and tidy the kitchen.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Have a bubble bath with fall scents.
- **Romantic Idea:** Get takeout from their favorite place.
- **Kindness Idea:** Host a nachos night for friends.
- **Doodling Idea:** Star.
- **Watercoloring Idea:** Sweet potato.

DEEP CONVERSATION

A sit-down meal that was different from all others.

TRY SOMETHING NEW

Cook a new dinner recipe.

JOURNALING IDEAS

- **Morning:** One thing to do to step out of your comfort zone today.
- **Evening:** Ways to recharge this weekend.
- **Gratitude:** Moments in your day when everything feels just right.
- **Self-Care:** A song that inspires you to keep going.
- **One-Word:** Enthusiasm.