7th of November Planner

Ordinary & Happy

DAILY INSPIRATION

Savor fall in all its beauty, before it's gone for another year.

- **Wake-Up Song:** "Let It Grow (Celebrate the World)" Ester Dean (from The Lorax)
- **Positive Thought:** Something I can do for self-care this weekend is...
- **Grateful Mood Song:** "Sweet Soul Music" Arthur Conley

MEALS IDEAS

- **Breakfast:** Breakfast Tacos
- **Lunch:** Chicken Salad Wrap & Grapes
- **Dinner:** Mac and Cheese Night

DAILY DECLUTTERING

Choose one drawer in the kitchen to declutter and organize.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Take an afternoon nap.
- **Romantic Idea:** Plan a fun outdoor activity for the two of you.
- **Kindness Idea:** Help someone tidy their backyard.
- **Doodling Idea:** Guitar.
- **Watercoloring Idea:** Apple cider glass mug.

DEEP CONVERSATION

A bittersweet choice you made.

TRY SOMETHING NEW

Meet up with a friend at a new coffee shop.

JOURNALING IDEAS

- **Morning:** Fun activities you're looking forward to this weekend.
- **Evening:** Things you're grateful for today.
- **Gratitude:** What makes your house comfortable.
- **Self-Care:** Even when cold, simple ways to get some fresh air.
- **One-Word:** Imagination.