8th of November Planner

Ordinary & Happy

DAILY INSPIRATION

There's so much to be thankful for. You just have to look in the right places.

- **Wake-Up Song:** "When Can I See You Again" Owl City (from Wreck-It Ralph)
- **Positive Thought:** I'm proud of myself for...
- **Grateful Mood Song:** "Baby I Need Your Loving" Four Tops

MEALS IDEAS

- **Breakfast:** Pancakes
- **Lunch:** Ham, Cheese, & Roasted Pepper Sandwich
- **Dinner:** Soup Night (Broccoli Cheese, Chicken, Tomato)

DAILY DECLUTTERING

Choose three shelves in the pantry or cupboards to tidy and organize.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Go for a quick jog or walk.
- **Romantic Idea:** Write them a love letter.
- **Kindness Idea:** Donate a coat you don't wear anymore.
- **Doodling Idea:** Map.
- **Watercoloring Idea:** Reading glasses.

DEEP CONVERSATION

One thing school taught you about life.

TRY SOMETHING NEW

Have brunch at a new restaurant.

JOURNALING IDEAS

- **Morning:** Family and friends you want to catch up with.
- **Evening:** Your favorite memories this weekend.
- **Gratitude:** What you like about your local area.
- **Self-Care:** What can inspire you when you wake up in the morning.
- **One-Word:** Excellence.