9th of November Planner

Ordinary & Happy

DAILY INSPIRATION

Even though, right now, the sun rises later, it still rises.

- **Wake-Up Song:** “Go the Distance” Roger Bart (from Hercules)
- **Positive Thought:** My favorite memory from last week was...
- **Grateful Mood Song:** “Proud Mary” Creedence Clearwater Revival

MEALS IDEAS

- **Breakfast:** Granola & Yogurt
- **Lunch:** Chicken Sandwich
- **Dinner:** Quesadilla & Salad Night

DAILY DECLUTTERING

Take 20 minutes to tidy a bit more of the pantry/cupboards.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Write down 3 things you’re grateful for.
- **Romantic Idea:** Get them a book they’d enjoy reading.
- **Kindness Idea:** Share an inspiring story about someone who made a difference.
- **Doodling Idea:** Bus.
- **Watercoloring Idea:** Classic car.

DEEP CONVERSATION

What it means to be free in this day and age.

TRY SOMETHING NEW

Get a giant puzzle to work on at home.

JOURNALING IDEAS

- **Morning:** Your weekend highlights.
- **Evening:** The best part of today.
- **Gratitude:** Someone or something that always sets the world right for you.
- **Self-Care:** Someone you know or follow who makes you feel seen.
- **One-Word:** Confidence.