10th of November Planner

Ordinary & Happy

DAILY INSPIRATION

Whatever the season, every day is full of opportunity.

- **Wake-Up Song:** “The Traveling Song” will.i.am (from Madagascar 2)
- **Positive Thought:** Something kind someone did for me recently was...
- **Grateful Mood Song:** “Let’s Hang On” The Four Seasons

MEALS IDEAS

- **Breakfast:** Tropical Smoothie
- **Lunch:** Crispy Bacon & Avocado Bagel Sandwich
- **Dinner:** Taco Night (Beef, Shrimp, Chicken)

DAILY DECLUTTERING

Wipe down the small appliances in the kitchen.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Do 15 minutes of morning or evening journaling.
- **Romantic Idea:** Watch the sunset from a scenic spot.
- **Kindness Idea:** Check in with a loved one.
- **Doodling Idea:** Medal.
- **Watercoloring Idea:** Red poppy.

DEEP CONVERSATION

A path not taken you’re grateful for, but still wonder about.

TRY SOMETHING NEW

Visit a museum or art gallery you haven’t been to before.

JOURNALING IDEAS

- **Morning:** One simple thing you’d be happy to achieve this week.
- **Evening:** Something that made you smile today.
- **Gratitude:** Favorite items you use a lot but rarely appreciate.
- **Self-Care:** Someone who taught you to be resilient and memories with them.
- **One-Word:** Collaboration.