12th of November Planner

Ordinary & Happy

DAILY INSPIRATION

Life, really, is a collection of moments. Start collecting as many as you can.

- **Wake-Up Song:** “Touch the Sky” Julie Fowlis (from Brave)
- **Positive Thought:** The best thing about my family is...
- **Grateful Mood Song:** “Papa’s Got a Brand New Bag” James Brown

MEALS IDEAS

- **Breakfast:** Yogurt Parfait
- **Lunch:** Chicken Salad Sandwich
- **Dinner:** Sheet-Pan Dinner Night

DAILY DECLUTTERING

Organize your tea and coffee supplies.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Listen to your favorite relaxing songs.
- **Romantic Idea:** Get them their favorite candy or snacks from the store.
- **Kindness Idea:** Get to know a coworker on your lunch break.
- **Doodling Idea:** Pretzel.
- **Watercoloring Idea:** Puzzle piece.

DEEP CONVERSATION

If you had no responsibility, what you’d do differently.

TRY SOMETHING NEW

Try a new flavor of tea.

JOURNALING IDEAS

- **Morning:** One kind thing you could do for someone today.
- **Evening:** Unexpectedly good things that happened recently.
- **Gratitude:** People you’re grateful for in everyday life.
- **Self-Care:** Someone you can reach out to on a cozy evening.
- **One-Word:** Honesty.