13th of November Planner

Ordinary & Happy

DAILY INSPIRATION

Kindness is like a thick coat on a frosty morning. We all need one.

- **Wake-Up Song:** “Under the Sea” Samuel E. Wright (from The Little Mermaid)
- **Positive Thought:** The best thing about my friends is...
- **Grateful Mood Song:** “Be My Baby” The Ronettes

MEALS IDEAS

- **Breakfast:** Breakfast Wrap or Sandwich
- **Lunch:** Ham & Cheese Wrap & Fruit Cup
- **Dinner:** Breakfast for Dinner (Frittatas, Omelets)

DAILY DECLUTTERING

Toss any broken dishes and mugs.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Have movie night in.
- **Romantic Idea:** Plan a fun date night out.
- **Kindness Idea:** Share the kindest thing you’ve seen someone do online.
- **Doodling Idea:** Chandelier.
- **Watercoloring Idea:** French toast.

DEEP CONVERSATION

Whether we’re kind to help others feel good or, in fact, ourselves.

TRY SOMETHING NEW

Decorate a small space at home.

JOURNALING IDEAS

- **Morning:** One king thing to do for yourself today or this weekend.
- **Evening:** How you stepped out of your comfort zone this week.
- **Gratitude:** Feelings of warmth and coziness at home.
- **Self-Care:** One way you can be kind to someone and one way to yourself.
- **One-Word:** Miracle.