14th of November Planner

Ordinary & Happy

DAILY INSPIRATION

Something simple can be incredibly precious.

- **Wake-Up Song:** “If I Didn’t Have You” Billy Crystal & John Goodman (from Monsters,Inc.)
- **Positive Thought:** Opportunities I’m grateful for include...
- **Grateful Mood Song:** “California Dreamin’” The Mamas & The Papas

MEALS IDEAS

- **Breakfast:** Apple Slices & Nut Butter
- **Lunch:** Chicken Panini & Avocado Tomato Salad
- **Dinner:** Steak & Sides

DAILY DECLUTTERING

Tidy and organize the spice cabinet/shelf.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Make some time for your favorite hobby.
- **Romantic Idea:** Plan a fun day trip for the two of you.
- **Kindness Idea:** Ask someone if they’d like to run errands together.
- **Doodling Idea:** Carrot cake.
- **Watercoloring Idea:** Grapefruit.

DEEP CONVERSATION

A journey you never thought you’d make, but are glad you did.

TRY SOMETHING NEW

Take a new hobby class (e.g., glassblowing, pottery).

JOURNALING IDEAS

- **Morning:** Last time you had a lot of fun and how you can recreate that.
- **Evening:** Small wins from the week.
- **Gratitude:** Moments of quiet beauty you’ve experienced this week.
- **Self-Care:** What a fun night in with some friends would be.
- **One-Word:** Brightness.