16th of November Planner

Ordinary & Happy

DAILY INSPIRATION

Change is beautiful if you want it to be.

- **Wake-Up Song:** “Shiny” Jemaine Clement (from Moana)
- **Positive Thought:** My favorite activity from this past weekend was...
- **Grateful Mood Song:** “Stop! In the Name of Love” The Supremes

MEALS IDEAS

- **Breakfast:** Croissant & Fruit
- **Lunch:** Soup & Bread
- **Dinner:** Dinner Salad Night

DAILY DECLUTTERING

Toss any single socks without a pair.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Add an inspiring framed quote to your workspace.
- **Romantic Idea:** Have a no-screen evening and just talk to each other.
- **Kindness Idea:** Wish a neighbor a great day.
- **Doodling Idea:** Dress.
- **Watercoloring Idea:** Popcorn.

DEEP CONVERSATION

Someone you misunderstood, whom you now understand better.

TRY SOMETHING NEW

Take a photo of something new today.

JOURNALING IDEAS

- **Morning:** Things you still want to do before the end of the season.
- **Evening:** Something you did today you’re proud of.
- **Gratitude:** Things that never change that make you happy.
- **Self-Care:** A time you were patient, even if it was challenging.
- **One-Word:** Aspiration.