17th of November Planner

Ordinary & Happy

DAILY INSPIRATION

Go outside, even for a few moments. Let that crisp air bring you clarity.

- **Wake-Up Song:** “I Like to Move It” will.i.am (from Madagascar 2)
- **Positive Thought:** Goals I’m happy I’m pursuing are...
- **Grateful Mood Song:** “Chain of Fools” Aretha Franklin

MEALS IDEAS

- **Breakfast:** Avocado Toast
- **Lunch:** Chicken Panini & Fresh Fruit
- **Dinner:** Quesadilla Night (Beef, Chicken, Cheese)

DAILY DECLUTTERING

Choose one shelf in the closet to declutter and tidy.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Enjoy some time outside on your lunch break.
- **Romantic Idea:** Send them a love song that’s meaningful to both of you.
- **Kindness Idea:** Bake some bread for the house or to take to work.
- **Doodling Idea:** Plate setting.
- **Watercoloring Idea:** Sunset at a lake.

DEEP CONVERSATION

The longest route, trail, or road you’ve walked.

TRY SOMETHING NEW

Watch a tutorial to learn a simple new skill.

JOURNALING IDEAS

- **Morning:** Something that inspired you lately.
- **Evening:** Things that are giving you hope lately.
- **Gratitude:** Foods you can make that bring people together.
- **Self-Care:** A walk or drive that always clears your head or gives you clarity.
- **One-Word:** Community.