18th of November Planner

Ordinary & Happy

DAILY INSPIRATION

No season can dim the light within you.

- **Wake-Up Song:** “Happy” Pharrell Williams (from Despicable Me 2)
- **Positive Thought:** My favorite after-work activities are...
- **Grateful Mood Song:** “I’m Into Something Good” Herman’s Hermits

MEALS IDEAS

- **Breakfast:** Omelet
- **Lunch:** Deli Turkey Wrap & Chips
- **Dinner:** Sandwich & Salad Night

DAILY DECLUTTERING

Choose one drawer in the closet to declutter and organize.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Try some deep-breathing exercises.
- **Romantic Idea:** Have an evening talking about your favorite shared memories.
- **Kindness Idea:** Thank someone who works in education.
- **Doodling Idea:** Perfume bottle.
- **Watercoloring Idea:** Brussels sprouts.

DEEP CONVERSATION

A choice you didn’t feel mature enough to make, but had to make.

TRY SOMETHING NEW

Try a new outfit today.

JOURNALING IDEAS

- **Morning:** A happy memory that comes to mind.
- **Evening:** Good things about life now.
- **Gratitude:** Things you read recently that made you hopeful.
- **Self-Care:** What you’ve enjoyed about fall.
- **One-Word:** Justice.