19th of November Planner

Ordinary & Happy

DAILY INSPIRATION

Don't let another day go by. Message that friend or loved one.

- **Wake-Up Song:** "Almost There" Anika Noni Rose (from The Princess and the Frog)
- **Positive Thought:** Movies and shows I've enjoyed watching recently include...
- **Grateful Mood Song:** "Jump in the Line" Harry Belafonte

MEALS IDEAS

- **Breakfast:** Yogurt Parfait
- **Lunch:** Snack Board
- **Dinner:** Fajita Night

DAILY DECLUTTERING

Organize all the hangers in the closet.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Take a no-screen break.
- **Romantic Idea:** Make them a love playlist.
- **Kindness Idea:** Donate some unopened toiletries you haven't used all year.
- **Doodling Idea:** Loaf of bread.
- **Watercoloring Idea:** November calendar page.

DEEP CONVERSATION

The toughest change you had to make, but it was worth it.

TRY SOMETHING NEW

Read an article about a topic you know little about.

JOURNALING IDEAS

- **Morning:** One way life has been better recently.
- **Evening:** Things that bring you inner calm.
- **Gratitude:** A favorite piece of clothing and a story behind it.
- **Self-Care:** A game from childhood you could play again with friends or family.
- **One-Word:** Potential.