# 20th of November Planner

Ordinary & Happy

## DAILY INSPIRATION

Open your heart to all of life's little joys.

- **Wake-Up Song:** "Dig a Little Deeper" Jenifer Lewis & The Pinnacle Gospel Choir (from The Princess and the Frog)
- **Positive Thought:** The best thing about the workweek was...
- **Grateful Mood Song:** "Oh, Pretty Woman" Roy Orbison

## MEALS IDEAS

- **Breakfast:** Coffee Smoothie
- **Lunch:** Cobb Salad
- **Dinner:** Pizza Night (with DIY toppings)

## DAILY DECLUTTERING

Donate shoes you no longer need.

☐ DECLUTTERING COMPLETED

## ACTIVITIES AND THINGS TO DO

- **Self-Care:** Catch up on your favorite TV show.
- **Romantic Idea:** Make them a bubble bath.
- **Kindness Idea:** Share some fun, no-screen activity ideas for families online.
- **Doodling Idea:** Badger.
- **Watercoloring Idea:** Moon through the clouds.

## DEEP CONVERSATION

What someone younger than you has taught you.

## TRY SOMETHING NEW

Try a new board game with friends.

## JOURNALING IDEAS

- **Morning:** A recent achievement you're proud of.
- **Evening:** Positive lessons from the week.
- **Gratitude:** Plants at home or in your garden that bring you joy.
- **Self-Care:** A fond, funny memory from the year that makes you feel good.
- **One-Word:** Intelligence.