21st of November Planner

Ordinary & Happy

DAILY INSPIRATION

A simple ‘hello’ can mean the world to someone.

- **Wake-Up Song:** “Le Festin” Camille (from Ratatouille)
- **Positive Thought:** The best weekend I’ve ever had was...
- **Grateful Mood Song:** “Time Is on My Side” The Rolling Stones

MEALS IDEAS

- **Breakfast:** Eggs in Yogurt & Chili Butter
- **Lunch:** Chicken Tenders & Fries
- **Dinner:** Around-the-World Dinner

DAILY DECLUTTERING

Sort through your accessories and organize them.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Meet up for brunch with a friend/family.
- **Romantic Idea:** Build a blanket fort with fairy lights and have an indoor picnic.
- **Kindness Idea:** Say ‘hello’ and have a chat to someone who lives alone.
- **Doodling Idea:** Tractor.
- **Watercoloring Idea:** Cabin in the woods.

DEEP CONVERSATION

Someone you said ‘hello’ to that changed your life.

TRY SOMETHING NEW

Visit the local library and get a book you haven’t read before.

JOURNALING IDEAS

- **Morning:** One self-care activity to do this weekend.
- **Evening:** Experiences you’re grateful for this week.
- **Gratitude:** Choices you’ve been able to make recently.
- **Self-Care:** Someone you want to reconnect with before the end of the year.
- **One-Word:** Originality.