22nd of November Planner

Ordinary & Happy

DAILY INSPIRATION

Home is where some of our most beautiful memories are made.

- **Wake-Up Song:** “Life Is a Highway” Rascal Flatts (from Cars)
- **Positive Thought:** Something that made me smile this weekend was...
- **Grateful Mood Song:** “(I’m Not Your) Steppin’ Stone” The Monkees

MEALS IDEAS

- **Breakfast:** Tropical Oatmeal
- **Lunch:** Pesto Pasta Salad
- **Dinner:** Hot Dog & Chili Dog Night

DAILY DECLUTTERING

Find one item (or more) in your closet to donate.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Have an at-home spa day or hour.
- **Romantic Idea:** Plan a day full of their favorite activities and things.
- **Kindness Idea:** Tell someone why you’re grateful for them.
- **Doodling Idea:** Cozy armchair.
- **Watercoloring Idea:** Persimmon.

DEEP CONVERSATION

Something you used to own, like a house or car, you still think about.

TRY SOMETHING NEW

Have a karaoke night at home.

JOURNALING IDEAS

- **Morning:** Things you’re looking forward to next week.
- **Evening:** The highlights of the past week.
- **Gratitude:** Things you’re looking forward to before the year ends.
- **Self-Care:** Who in your life do you appreciate and why.
- **One-Word:** Sparkle.