23rd of November Planner

Ordinary & Happy

DAILY INSPIRATION

A little gratitude can open doors to paths unknown.

- **Wake-Up Song:** “We Belong Together” Randy Newman (from Toy Story 3)
- **Positive Thought:** Something good I hope will happen this week is...
- **Grateful Mood Song:** “Time Won’t Let Me” The Outsiders

MEALS IDEAS

- **Breakfast:** Chia Pudding
- **Lunch:** Caprese Panini
- **Dinner:** Dinner Wrap & Sides

DAILY DECLUTTERING

Declutter and tidy the nightstands in the bedroom.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Watch an inspirational speech/talk.
- **Romantic Idea:** Send them a sweet voice message as a pick-me-up in the afternoon.
- **Kindness Idea:** Buy someone a coffee.
- **Doodling Idea:** Picket fence.
- **Watercoloring Idea:** Star anise.

DEEP CONVERSATION

A time you woke up and something became crystal clear to you.

TRY SOMETHING NEW

Have a picnic indoors.

JOURNALING IDEAS

- **Morning:** One new thing to try today.
- **Evening:** Positive things you hope will happen this week.
- **Gratitude:** A heartwarming story behind an everyday object you own.
- **Self-Care:** What matters to you, personally, when celebrating a holiday.
- **One-Word:** Triumph.