24th of November Planner

Ordinary & Happy

DAILY INSPIRATION

It's the people we care about that make life meaningful.

- **Wake-Up Song:** "When I Am Older" Josh Gad (from Frozen 2)
- **Positive Thought:** Simple things I appreciate around me include...
- **Grateful Mood Song:** "Midnight Confessions" The Grass Roots

MEALS IDEAS

- **Breakfast:** Toast with Butter & Jam
- **Lunch:** Chicken & Ham Sandwich
- **Dinner:** Burrito Bowl Night

DAILY DECLUTTERING

Set a timer for 20 minutes and go through the house putting things away.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Do something kind for yourself today.
- **Romantic Idea:** Plan an after-work date night.
- **Kindness Idea:** Compliment someone who has a unique talent.
- **Doodling Idea:** Thermos.
- **Watercoloring Idea:** Bread rolls in a basket.

DEEP CONVERSATION

A unique talent you, or someone you know, has.

TRY SOMETHING NEW

Try a new hot chocolate flavor or recipe.

JOURNALING IDEAS

- **Morning:** Skills you want to work on this week.
- **Evening:** Ways your life has improved recently.
- **Gratitude:** Fabrics and textures at home that comfort you.
- **Self-Care:** A talent or unique trait that makes you 'you'.
- **One-Word:** Gentleness.