# 26th of November Planner

Ordinary & Happy

## DAILY INSPIRATION

A very Happy Thanksgiving to you!

- **Wake-Up Song:** “Try Everything” Shakira (from Zootopia)
- **Positive Thought:** My favorite thing about today was...
- **Grateful Mood Song:** “California Sun” The Rivieras

## MEALS IDEAS

- **Breakfast:** Yogurt & Fruit
- **Lunch:** Light Snack Plate (before the Thanksgiving meal)
- **Dinner:** Roast Turkey & Sides

## DAILY DECLUTTERING

Pretend guests are coming over and tidy the living room.

☐ DECLUTTERING COMPLETED

## ACTIVITIES AND THINGS TO DO

- **Self-Care:** Catch up with friends and family for Thanksgiving.
- **Romantic Idea:** Put together a Thanksgiving plate for them.
- **Kindness Idea:** Encourage everyone around the table to share what they’re grateful for.
- **Doodling Idea:** Pumpkin pie (slice).
- **Watercoloring Idea:** Thanksgiving' word art.

## DEEP CONVERSATION

What’s the same and what’s different about Thanksgiving now and when you were younger.

## TRY SOMETHING NEW

Try a new Thanksgiving recipe.

## JOURNALING IDEAS

- **Morning:** Three things you’re grateful for today.
- **Evening:** Things that have been inspiring you lately.
- **Gratitude:** The often-overlooked work of others that makes your neighborhood tick.
- **Self-Care:** Unspoken, everyday things you’re grateful for.
- **One-Word:** Thanksgiving.