28th of November Planner

Ordinary & Happy

DAILY INSPIRATION

Take a moment to reflect on fall and the memories you made.

- **Wake-Up Song:** “You’ll Be in My Heart” Phil Collins (from Tarzan)
- **Positive Thought:** I love that...
- **Grateful Mood Song:** “How Sweet It Is (To Be Loved by You)” Marvin Gaye

MEALS IDEAS

- **Breakfast:** Frittata
- **Lunch:** Egg Salad Sandwich & Chips
- **Dinner:** Nacho Night

DAILY DECLUTTERING

Take 20 minutes to tidy and organize the bathroom.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Journal about how your month went.
- **Romantic Idea:** Have a candlelit dinner at home.
- **Kindness Idea:** Go to a local store, market, or eatery.
- **Doodling Idea:** Necklace.
- **Watercoloring Idea:** Rustic barn.

DEEP CONVERSATION

A dream you'll never give up on.

TRY SOMETHING NEW

Make a playlist of only ‘new’ songs you haven’t heard before.

JOURNALING IDEAS

- **Morning:** Upcoming holidays and events you’re excited about.
- **Evening:** Good choices you’re proud to have made this month.
- **Gratitude:** Your town or city at its most beautiful, and why.
- **Self-Care:** What makes your local area special over the holidays.
- **One-Word:** Fairness.