29th of November Planner

Ordinary & Happy

DAILY INSPIRATION

When one month ends another begins, and it's beautiful in many ways.

- **Wake-Up Song:** “Good Life” Jon Batiste (from The Garfield Movie)
- **Positive Thought:** Something I love about myself recently is...
- **Grateful Mood Song:** “I Saw Her Standing There” The Beatles

MEALS IDEAS

- **Breakfast:** Crepes
- **Lunch:** Omelet with Avocado & Toast
- **Dinner:** Baked Potato Dinner (Twice-Baked, DIY Toppings)

DAILY DECLUTTERING

Go through your fall photos and organize them.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Go for a scenic walk.
- **Romantic Idea:** Give them a framed photo of the two of you from this fall.
- **Kindness Idea:** Message a family member, just to check in.
- **Doodling Idea:** Honey jar.
- **Watercoloring Idea:** Journal.

DEEP CONVERSATION

A card or note you've kept for years and why.

TRY SOMETHING NEW

Learn how to say ‘hello’ in 3 different languages.

JOURNALING IDEAS

- **Morning:** Something that’s brought you a lot of joy recently.
- **Evening:** One priority for next month.
- **Gratitude:** Everyday routines that you enjoy.
- **Self-Care:** A daily joy you’ll look out for every day in December.
- **One-Word:** Resourcefulness.