

3rd of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Today, do something just because it makes you happy, not because it's productive.

- **Wake-Up Song:** "Good Morning" Mandisa
- **Positive Thought:** Things I want to focus on for the rest of the year include...
- **Spooky Song:** "Spooky, Scary Skeletons" Andrew Gold

MEALS IDEAS

- **Breakfast:** Smoked Salmon Omelet
- **Lunch:** Roasted Tomato Soup
- **Dinner:** Crispy Chicken Burger with Fries and Tomato Salad

DAILY DECLUTTERING

Pick your favorite area of the house and declutter it for 15-30 minutes.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Go to a weekend farmers' market.
- **Self-Care:** Watch the sunrise or sunset and think about some happy memories.
- **Romantic Idea:** Bring them breakfast in bed.
- **Kindness Idea:** Offer to go for a walk with someone to talk about whatever they like.
- **Doodling Idea:** Any pet under a white sheet as a ghost.
- **Watercoloring Idea:** Clear lake to misty lake.

DEEP CONVERSATION

A daily routine you've kept the same for many years and why.

SELF-IMPROVEMENT

Make a quick vision board for the rest of the year.

JOURNALING IDEAS

- **Morning:** Holidays or events you want to celebrate.
- **Evening:** Something that made you happy today.
- **Gratitude:** People you've interacted with this week that made you happy.
- **Self-Care:** One thing you're grateful for this week.
- **One-Word:** Peaceful.