

4th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Fall may bring a lot of change, but that change can be wonderful in its own way.

- **Wake-Up Song:** "Good to Be Alive" from The Peanuts Movie
- **Positive Thought:** A nice thing I want to do for myself this month is...
- **Spooky Song:** "Thriller" Michael Jackson

MEALS IDEAS

- **Breakfast:** Pancakes
- **Lunch:** Burrata Tomato Salad
- **Dinner:** Moussaka (Eggplant Lasagna) with Greek Salad

DAILY DECLUTTERING

Set a timer for 30 min and sort paperwork into 3 piles: shred, recycle, and organize.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Find a big, beautiful tree in your local area.
- **Self-Care:** Put on a playlist you love and dance in the living room.
- **Romantic Idea:** Go for a scenic walk together.
- **Kindness Idea:** Donate towels and blankets to an animal shelter.
- **Doodling Idea:** Shih Tzu in a skeleton suit.
- **Watercoloring Idea:** Bee on a sunflower to sunflower with fall colors.

DEEP CONVERSATION

Something that changes every day in your life.

SELF-IMPROVEMENT

Watch an inspirational talk or speech.

JOURNALING IDEAS

- **Morning:** Routines you can develop for the longer nights.
- **Evening:** People you're happy you got to see or talk to recently.
- **Gratitude:** Simple conveniences you're thankful for.
- **Self-Care:** Write down a list of your favorite things (songs, movies, scents).
- **One-Word:** Happiness.