

5th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

In life, we're always learning. Stay curious and never be afraid to ask questions.

- **Wake-Up Song:** "All Star" Smash Mouth
- **Positive Thought:** One thing I'm grateful for this week is...
- **Spooky Song:** "Grim Grinning Ghosts" from The Haunted Mansion

MEALS IDEAS

- **Breakfast:** Green Smoothie
- **Lunch:** Grilled Chicken Salad
- **Dinner:** Lemon Pasta (with Crispy Fish Fillets or Chicken)

DAILY DECLUTTERING

Go through your digital files and delete what you don't need for 30 minutes.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Go for a lunchtime walk to clear your head.
- **Self-Care:** Catch up on your favorite TV show.
- **Romantic Idea:** Send them an inspirational quote or message.
- **Kindness Idea:** Share an encouraging 'thank you' message to teachers online.
- **Doodling Idea:** Greyhound in mummy bandages.
- **Watercoloring Idea:** Blank whiteboard to whiteboard with equations written on it.

DEEP CONVERSATION

A teacher that changed your career path.

SELF-IMPROVEMENT

Work on a brain teaser.

JOURNALING IDEAS

- **Morning:** Small comforts to look forward to.
- **Evening:** Things that went well today.
- **Gratitude:** Kind and positive interactions you've had recently.
- **Self-Care:** Describe your favorite place in the world.
- **One-Word:** Lightness.