

7th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

A walk is where so many good conversations can happen.

- **Wake-Up Song:** "Best Song Ever" One Direction
- **Positive Thought:** I was pleasantly surprised recently by...
- **Spooky Song:** "Goosebumps Original Theme Song" Jack Lenz

MEALS IDEAS

- **Breakfast:** Overnight Chia Pudding
- **Lunch:** Chicken Salad Sandwich
- **Dinner:** Baked Potatoes with DIY Toppings

DAILY DECLUTTERING

Declutter cleaning supplies for 30 min.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Photograph the same flower at different times of day.
- **Self-Care:** Try 15 minutes of journaling in the morning.
- **Romantic Idea:** Make their morning coffee or tea the way they like it.
- **Kindness Idea:** If possible, organize a neighborhood walk for National Walk to School Day.
- **Doodling Idea:** Cat in a centipede costume.
- **Watercoloring Idea:** Green pinecone to open brown pinecone.

DEEP CONVERSATION

How your definition of 'success in life' has changed.

SELF-IMPROVEMENT

Solve a puzzle.

JOURNALING IDEAS

- **Morning:** Ways a nature walk is different in a positive way.
- **Evening:** Ways you've stepped out of your comfort zone recently.
- **Gratitude:** Simple joys you often overlook.
- **Self-Care:** One thing that made you smile today.
- **One-Word:** Affection.