

8th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Look around at the changing colors, beautiful trees, and orange sky and take it all in.

- **Wake-Up Song:** "Life Is a Highway" Tom Cochrane
- **Positive Thought:** Holiday plans I'm excited about include...
- **Spooky Song:** "Main Title Theme" Danny Elfman from Beetlejuice Beetlejuice

MEALS IDEAS

- **Breakfast:** Scrambled Eggs
- **Lunch:** Greek Salad
- **Dinner:** Creamy Sausage Pasta

DAILY DECLUTTERING

Set a timer and declutter the kitchen utensils for 30 min.

☐

DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Have a stargazing evening.
- **Self-Care:** Do a quick workout at home.
- **Romantic Idea:** Ask about their week.
- **Kindness Idea:** Check in on a friend you haven't heard from in a while.
- **Doodling Idea:** Bulldog with a Frankenstein mask.
- **Watercoloring Idea:** Spider web to frosted spider web.

DEEP CONVERSATION

A change you can't see, but know it has happened.

SELF-IMPROVEMENT

Learn a simple skill by watching a quick tutorial.

JOURNALING IDEAS

- **Morning:** Ways your interactions with loved ones will stay the same.
- **Evening:** Ways you've shown kindness or empathy recently.
- **Gratitude:** Something about today you can appreciate.
- **Self-Care:** Write an inspirational letter to your future self.
- **One-Word:** Optimism.