

9th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Even an ordinary day can surprise you, so keep your heart open to all possibilities.

- **Wake-Up Song:** "Whatever It Takes" Imagine Dragons
- **Positive Thought:** Something nice I've recently discovered is...
- **Spooky Song:** "Hedwig's Theme" John Williams

MEALS IDEAS

- **Breakfast:** Oatmeal with Seasonal Fruit
- **Lunch:** Quinoa Salad with Avocado
- **Dinner:** Turkey Burger with Fries and Arugula Salad

DAILY DECLUTTERING

Sort cables and other electronic accessories into 3 piles: toss/recycle, donate, organize.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Take an everyday activity onto the patio or balcony if possible.
- **Self-Care:** Try a foot soak with Epsom salts.
- **Romantic Idea:** Plan a fun after-work date night.
- **Kindness Idea:** Thank the mail carrier and wish them a happy day.
- **Doodling Idea:** Jack Russell as a pirate captain.
- **Watercoloring Idea:** White clouds to rainclouds.

DEEP CONVERSATION

A loved one who changed the way you saw something.

SELF-IMPROVEMENT

Write down ten things you're grateful for.

JOURNALING IDEAS

- **Morning:** Things you can only do in fall that excite you.
- **Evening:** Something interesting you've noticed today or recently.
- **Gratitude:** Something you can see out of the window you're grateful for.
- **Self-Care:** Something kind you can do for yourself this weekend.
- **One-Word:** Productivity.