

10th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

You don't have to hold the weight of the world on your shoulders. Not now, or ever.

- **Wake-Up Song:** "Sunshine on a Rainy Day" Zoë
- **Positive Thought:** One self-care activity I can do this month is...
- **Spooky Song:** "What's This" Danny Elfman from The Nightmare Before Christmas

MEALS IDEAS

- **Breakfast:** Frittata with Salad
- **Lunch:** Pesto Chicken Bagel Sandwich
- **Dinner:** Lemon Chicken Soup with Orzo

DAILY DECLUTTERING

Declutter your linens (e.g., towels, bedding) for 30 min.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Rake leaves and tidy up the backyard.
- **Self-Care:** Work on a small DIY project you'd enjoy.
- **Romantic Idea:** Do some of their chores.
- **Kindness Idea:** Organize a group neighborhood walk, or ask online if anyone wants to walk with you.
- **Doodling Idea:** Hamster in a three-eyed alien hat.
- **Watercoloring Idea:** Field with flowers to field with hay bales.

DEEP CONVERSATION

Someone who changed the path of your life.

SELF-IMPROVEMENT

Reach out to a friend you've been meaning to reconnect with.

JOURNALING IDEAS

- **Morning:** Your intentions for fall.
- **Evening:** Things you're excited about this month.
- **Gratitude:** Things that make you feel cozy.
- **Self-Care:** One thing you loved about this week.
- **One-Word:** Charm.