

11th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Never forget how capable you are, no matter what comes your way.

- **Wake-Up Song:** "Circle of Life" from The Lion King
- **Positive Thought:** A kind thing I hope to do for someone this year is...
- **Spooky Song:** "Somebody's Watching Me" Rockwell

MEALS IDEAS

- **Breakfast:** Croissant and Fresh Fruit
- **Lunch:** Slice of Frittata with Salad
- **Dinner:** Twice-Baked Potatoes with Pancetta & Cheddar and Roasted Veggies

DAILY DECLUTTERING

Make a list of 6 areas you want to declutter this week (e.g., rooms, drawers, categories).

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Visit a nearby park or nature trail.
- **Self-Care:** Meal prep or meal plan for the week.
- **Romantic Idea:** Go for brunch at their favorite restaurant.
- **Kindness Idea:** Reach out to someone who inspired you.
- **Doodling Idea:** Iguana in a black suit and top hat.
- **Watercoloring Idea:** Nest with eggs to empty nest.

DEEP CONVERSATION

A friendship that changed for the better.

SELF-IMPROVEMENT

Go for a 15-minute walk.

JOURNALING IDEAS

- **Morning:** What you can learn from nature and the changing of the season.
- **Evening:** Activities that made you feel reenergized this weekend.
- **Gratitude:** People you could message or call right now.
- **Self-Care:** What makes you feel confident.
- **One-Word:** Empathy.