

12th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Love the earth you walk on, the sun that shines, and the trees above you.

- **Wake-Up Song:** "Let the Day Begin" The Call
- **Positive Thought:** A positive experience I've had so far this fall is...
- **Spooky Song:** "One Way or Another" Bette Midler from Hocus Pocus 2

MEALS IDEAS

- **Breakfast:** Toasted Bagel with DIY Toppings
- **Lunch:** Halloumi Wrap with Roasted Peppers
- **Dinner:** Creamy Chicken Orzo with Veggies

DAILY DECLUTTERING

Declutter zone 1 for 15-30 min.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Bring some fall spices and scents into your home.
- **Self-Care:** Add some fairy lights to the living room or bedroom.
- **Romantic Idea:** Get them a small gift.
- **Kindness Idea:** Volunteer at a community garden.
- **Doodling Idea:** Dachshund in a hot dog costume.
- **Watercoloring Idea:** Summer fruit bowl to fall fruit bowl.

DEEP CONVERSATION

The biggest change in your life and why it was important.

SELF-IMPROVEMENT

Get up 15 minutes earlier and get organized for the day.

JOURNALING IDEAS

- **Morning:** Simple self-care activities you can do more of.
- **Evening:** Opportunities you see ahead.
- **Gratitude:** Scents or aromas you appreciate.
- **Self-Care:** One thing you're looking forward to this week.
- **One-Word:** Adaptable.