

13th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Some of the most courageous things you've done are the quietest.

- **Wake-Up Song:** "Walking on a Dream" Empire of the Sun
- **Positive Thought:** One thing I'm improving at this month is...
- **Spooky Song:** "Time Warp" from The Rocky Horror Picture Show

MEALS IDEAS

- **Breakfast:** Oatmeal with Mixed Berries
- **Lunch:** White Bean Salad with Bacon
- **Dinner:** Beef Burritos with Guacamole

DAILY DECLUTTERING

Declutter zone 2 for 15-30 min.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Assemble a fall-inspired bouquet of flowers for the house.
- **Self-Care:** Catch up over a call with a loved one.
- **Romantic Idea:** Frame a sweet photo of the two of you.
- **Kindness Idea:** Share a STEM resource online for Ada Lovelace Day.
- **Doodling Idea:** Cat in a spider legs costume.
- **Watercoloring Idea:** Ship on a calm sea to a stormy sea.

DEEP CONVERSATION

One way you see the world has changed.

SELF-IMPROVEMENT

Dance like no one is watching for 15 minutes at home.

JOURNALING IDEAS

- **Morning:** What a cozy fall day looks like for you.
- **Evening:** One thing to do just for yourself tomorrow.
- **Gratitude:** Foods that remind you of family.
- **Self-Care:** What makes you feel loved.
- **One-Word:** Serenity.