

14th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

You're more of an inspiration to someone than you realize.

- **Wake-Up Song:** "You've Got a Friend in Me" from Toy Story
- **Positive Thought:** The happiest I've felt this fall was when...
- **Spooky Song:** "This Is Halloween" from The Nightmare Before Christmas

MEALS IDEAS

- **Breakfast:** Breakfast Burrito
- **Lunch:** Romaine Salad with Feta
- **Dinner:** Grilled Chicken with Rosemary Potato Wedges

DAILY DECLUTTERING

Declutter zone 3 for 15-30 min.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Go on an evening photography walk.
- **Self-Care:** Try gratitude journaling, writing down things you're grateful for.
- **Romantic Idea:** Get a bouquet of their favorite flowers.
- **Kindness Idea:** Take a loved one out for coffee or dessert.
- **Doodling Idea:** Bulldog in a bumblebee costume.
- **Watercoloring Idea:** Freshly mowed lawn to leaf-covered lawn.

DEEP CONVERSATION

A change that led to something bigger, even if it wasn't easy.

SELF-IMPROVEMENT

Clean the inside of your car for 15 minutes.

JOURNALING IDEAS

- **Morning:** Favorite memories from summer.
- **Evening:** The happiest moment of the day.
- **Gratitude:** Technology that has helped or supported you today.
- **Self-Care:** Things you love about your home.
- **One-Word:** Integrity.