

15th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Life is precious, so love all of its nuances, sweet moments, and simple joys.

- **Wake-Up Song:** "Tubthumping" Chumbawamba
- **Positive Thought:** Something good that happened at work was...
- **Spooky Song:** "Poor Unfortunate Souls" from The Little Mermaid

MEALS IDEAS

- **Breakfast:** Muesli and Yogurt or Milk
- **Lunch:** Chicken Salad Wrap
- **Dinner:** Sausage Frittata with Roasted Veggies

DAILY DECLUTTERING

Declutter zone 4 for 15-30 min.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Record nature sounds in the backyard.
- **Self-Care:** Look through some happy photos you have on your phone.
- **Romantic Idea:** Send them a sweet voice note.
- **Kindness Idea:** Light a candle at 7pm for the Wave of Light.
- **Doodling Idea:** Dog in an orange jumpsuit.
- **Watercoloring Idea:** Waterfall to frozen waterfall.

DEEP CONVERSATION

A change, big or small, that just felt right.

SELF-IMPROVEMENT

Pack a homemade lunch for tomorrow.

JOURNALING IDEAS

- **Morning:** Beautiful memories you want to make this fall.
- **Evening:** A challenge you've overcome so far this month.
- **Gratitude:** Moments of quiet you've experienced.
- **Self-Care:** Things you can do to make your home cozier.
- **One-Word:** Considerate.