

16th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Embrace the cozy evenings in. Take some time to reflect after a long year.

- **Wake-Up Song:** "A Spoonful of Sugar" from Mary Poppins
- **Positive Thought:** A success story I'm proud of is...
- **Spooky Song:** "Jack's Lament" from The Nightmare Before Christmas

MEALS IDEAS

- **Breakfast:** Apple Cinnamon Oatmeal
- **Lunch:** Cranberry Pecan Salad with Avocado
- **Dinner:** Feta Lamb Burger with Salad

DAILY DECLUTTERING

Declutter zone 5 for 15-30 min.

☐

DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Walk on fallen leaves and listen to the crunch.
- **Self-Care:** Watch a stand-up comedy special.
- **Romantic Idea:** Mail them a postcard with a sweet message.
- **Kindness Idea:** Donate canned goods to a food bank.
- **Doodling Idea:** Cat with a witch's hat.
- **Watercoloring Idea:** Iced tea to hot cocoa.

DEEP CONVERSATION

How your capacity for love has changed.

SELF-IMPROVEMENT

Meditate for 15 minutes.

JOURNALING IDEAS

- **Morning:** Things that are beautiful about the season.
- **Evening:** Something that inspired you this week.
- **Gratitude:** Something you have in your life in abundance.
- **Self-Care:** Write about the last time you laughed really hard.
- **One-Word:** Mystery.