

17th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Some days, good food and good company are all you need.

- **Wake-Up Song:** "The Middle" Jimmy Eat World
- **Positive Thought:** The best thing about this week was...
- **Spooky Song:** "Halloween Theme - Main Title" John Carpenter

MEALS IDEAS

- **Breakfast:** Breakfast Sandwich
- **Lunch:** Avocado, Tomato, and Mozzarella Salad
- **Dinner:** Chicken Milanese with Fries

DAILY DECLUTTERING

Declutter zone 6 for 15-30 min.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Visit a corn maze.
- **Self-Care:** Host game night with friends at home.
- **Romantic Idea:** Make their favorite brunch dish at home.
- **Kindness Idea:** Leave an encouraging note for a friend or loved one.
- **Doodling Idea:** Zombie dog.
- **Watercoloring Idea:** Sandals to boots.

DEEP CONVERSATION

A change in where you live/lived that was for the better.

SELF-IMPROVEMENT

Do a simple creative activity for 15 minutes (painting, doodling, journaling).

JOURNALING IDEAS

- **Morning:** Simple positives of moving into fall.
- **Evening:** Things you're proud of to have achieved this week.
- **Gratitude:** Conversations or interactions that uplifted you.
- **Self-Care:** One experience you loved this week.
- **One-Word:** Wisdom.