

18th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Be patient with your progress, your journey, and yourself.

- **Wake-Up Song:** "Go the Distance" from Hercules
- **Positive Thought:** Something I love about weekends is...
- **Spooky Song:** "The Power Spell" John Debney from Hocus Pocus 2

MEALS IDEAS

- **Breakfast:** Yogurt Parfait
- **Lunch:** Shakshuka with Toast
- **Dinner:** Stuffed Eggplant with Ground Beef

DAILY DECLUTTERING

Organize sentimental items by category (e.g., cards, photos, souvenirs).

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Go to a body of water to walk, reflect, and take in nature.
- **Self-Care:** Make your favorite brunch dish at home.
- **Romantic Idea:** Take a fun hobby class together.
- **Kindness Idea:** Bake cupcakes for a group or local community.
- **Doodling Idea:** Husky in a wizard costume.
- **Watercoloring Idea:** Summer tree to fall tree.

DEEP CONVERSATION

A relationship with a loved one that had to change as you got older.

SELF-IMPROVEMENT

Plan some homemade meals for the week.

JOURNALING IDEAS

- **Morning:** Places you'd love to visit in the fall.
- **Evening:** One way you'd love to improve your life and how to achieve that.
- **Gratitude:** Hopeful of inspiring things you've read or could read.
- **Self-Care:** Ways to show kindness to others this week.
- **One-Word:** Useful.