

19th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

It's never too late to try something new.

- **Wake-Up Song:** "Keep Your Head Up" Andy Grammer
- **Positive Thought:** I'm glad that...
- **Spooky Song:** "A Night on Bald Mountain" from Fantasia

MEALS IDEAS

- **Breakfast:** Overnight Chia Pudding
- **Lunch:** Ham and Cheese Sandwich
- **Dinner:** Risotto with Mascarpone & Sun-Dried Tomatoes

DAILY DECLUTTERING

Declutter hobby/craft supplies for 15-30 min.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Go in the backyard or a nearby park and listen to the birds.
- **Self-Care:** Write a list of your achievements this year.
- **Romantic Idea:** Ask for their advice on something important.
- **Kindness Idea:** Send a message to a friend group chat telling them you're grateful for them.
- **Doodling Idea:** Guinea pig in a Ghostbusters uniform.
- **Watercoloring Idea:** Beach towel to picnic blanket.

DEEP CONVERSATION

How your town or city has changed.

SELF-IMPROVEMENT

Work on a task you've been procrastinating.

JOURNALING IDEAS

- **Morning:** Simple morning routines to set you up for a positive day.
- **Evening:** Compliments you've received that feel meaningful.
- **Gratitude:** Daily tasks or errands that bring you inner calm.
- **Self-Care:** Three things you're looking forward to this week.
- **One-Word:** Modest.