

20th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

As the nights get darker, be a shining light with your actions and words.

- **Wake-Up Song:** "Hair Up" from Trolls
- **Positive Thought:** One thing I love about mornings is...
- **Spooky Song:** "Wednesday Main Titles" Danny Elfman from Wednesday

MEALS IDEAS

- **Breakfast:** Cottage Cheese with Seasonal Fruit
- **Lunch:** Hummus Sandwich
- **Dinner:** Chicken Tortilla Soup

DAILY DECLUTTERING

Declutter and organize the entryway for 15-30 min.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Go for a walk with a walking group.
- **Self-Care:** Play your favorite songs to relax in the evening.
- **Romantic Idea:** Cuddle on the couch while watching their favorite TV show.
- **Kindness Idea:** Get lunch at a family-owned cafe or restaurant.
- **Doodling Idea:** Gothic goat.
- **Watercoloring Idea:** Raw veggie to roasted veggie e.g. squash.

DEEP CONVERSATION

A strong opinion you had that changed.

SELF-IMPROVEMENT

Create a motivation playlist for yourself.

JOURNALING IDEAS

- **Morning:** Ways you can use your lunch break or afternoon to make the most of the day.
- **Evening:** Steps you've taken towards a meaningful goal this year.
- **Gratitude:** What you love about your street or neighborhood.
- **Self-Care:** A recent compliment you received that you appreciated.
- **One-Word:** Determination.