

21st of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Kindness may not solve all of the world's problems, but it can make a difference.

- **Wake-Up Song:** "Superheroes" The Script
- **Positive Thought:** A dream I'm working toward is...
- **Spooky Song:** "Laurie's Theme" John Carpenter

MEALS IDEAS

- **Breakfast:** Toast with DIY Toppings
- **Lunch:** Smoked Salmon Burrata Sandwich
- **Dinner:** Tortellini with Caruso Sauce

DAILY DECLUTTERING

Toss expired items from the fridge.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Visit a pumpkin patch.
- **Self-Care:** Try some dream & goal journaling.
- **Romantic Idea:** Dance together to their favorite song in the living room.
- **Kindness Idea:** If you have an apple tree, offer apples to a neighbor or people in a group chat.
- **Doodling Idea:** Pirate parrot.
- **Watercoloring Idea:** Apple salad to apple pie.

DEEP CONVERSATION

How your definition of 'love' has changed.

SELF-IMPROVEMENT

Work out for 15 minutes at home.

JOURNALING IDEAS

- **Morning:** Ways you can make your evenings more enjoyable.
- **Evening:** One thing you're grateful to have learned recently.
- **Gratitude:** What in your local community you're thankful for.
- **Self-Care:** Write down about your ideal vacation.
- **One-Word:** Elegance.