

22nd of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Sometimes it's important to listen, not only to others, but also to yourself.

- **Wake-Up Song:** "Let's Go" Calvin Harris & Ne-Yo
- **Positive Thought:** A place I visited this year that I loved was...
- **Spooky Song:** "Casper The Friendly Ghost" Little Richard from Casper

MEALS IDEAS

- **Breakfast:** Banana and Almond/Nut Butter
- **Lunch:** Salami Bagel Sandwich
- **Dinner:** Oven-Roasted Chicken Legs with Potatoes

DAILY DECLUTTERING

Toss expired items from the pantry.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Take your dog for a longer walk than usual.
- **Self-Care:** Listen to audio of nature sounds (ocean, rain, etc).
- **Romantic Idea:** Send them a photo of a happy memory the two of you shared.
- **Kindness Idea:** Start a conversation with someone who's quieter at work.
- **Doodling Idea:** Spaniel in a clown costume.
- **Watercoloring Idea:** New candle to melted candle.

DEEP CONVERSATION

A small, everyday change you rarely notice.

SELF-IMPROVEMENT

Learn three new words today.

JOURNALING IDEAS

- **Morning:** People you want to spend more time with.
- **Evening:** One good choice you've made today or this week.
- **Gratitude:** Something nearby that makes your life easier.
- **Self-Care:** What makes you feel hopeful.
- **One-Word:** Magic.