

23rd of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Even if this week was just about showing up, that's a testament to your strength of character.

- **Wake-Up Song:** "Sunroof" Nicky Youre & hey daisy
- **Positive Thought:** One thing I love about evenings is...
- **Spooky Song:** "Showtime!" from Beetlejuice

MEALS IDEAS

- **Breakfast:** Granola Bars
- **Lunch:** Smoked Salmon Wrap
- **Dinner:** Chili Cheese Dogs

DAILY DECLUTTERING

Go through old Halloween (or holiday) decorations & only keep what you plan to use.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Get an indoor plant.
- **Self-Care:** Have a movie night at home and re-watch your favorite movie.
- **Romantic Idea:** Visit a scenic spot and take photos together.
- **Kindness Idea:** Ask a friend if they want to talk about anything.
- **Doodling Idea:** Tortoise in a UFO costume.
- **Watercoloring Idea:** Beach postcard to orchard postcard.

DEEP CONVERSATION

A 'goodbye' that changed you for the better.

SELF-IMPROVEMENT

Repeat some positive affirmations that work for you.

JOURNALING IDEAS

- **Morning:** Fond memories of past fall seasons.
- **Evening:** A moment from this week you'd want to relive.
- **Gratitude:** Items of clothing that make you feel cozy.
- **Self-Care:** Things that make you feel recharged.
- **One-Word:** Pause.