

24th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Every day, even if it doesn't feel like it, you're making a difference in so many ways.

- **Wake-Up Song:** "Underdog" Alicia Keys
- **Positive Thought:** A family tradition I love is...
- **Spooky Song:** "Main Title" John Debney from Hocus Pocus

MEALS IDEAS

- **Breakfast:** Apple Slices and Almond/Nut Butter
- **Lunch:** Veggie Wrap
- **Dinner:** Pork Chops with Rice, Asparagus, and Tomatoes

DAILY DECLUTTERING

Donate old Halloween (or holiday) costumes you don't want or need to keep.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Visit a park with fall foliage.
- **Self-Care:** Read a book you've been meaning to read for a little while.
- **Romantic Idea:** Explore a farmers' market together.
- **Kindness Idea:** Share a heartfelt song with a loved one.
- **Doodling Idea:** Rabbit in a dinosaur costume.
- **Watercoloring Idea:** Porch in sunshine to porch under porch light.

DEEP CONVERSATION

A positive change you're navigating, right now.

SELF-IMPROVEMENT

Read some inspiring quotes and save your favorite ones.

JOURNALING IDEAS

- **Morning:** Ways you can stay grounded during times of change.
- **Evening:** A nice conversation you had this week.
- **Gratitude:** Accomplishments from the week, no matter how small.
- **Self-Care:** One caring thing you did for yourself this week.
- **One-Word:** Growth.