

26th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

This week, let love, warmth, and all things cozy into your heart.

- **Wake-Up Song:** "Touch the Sky" from Brave
- **Positive Thought:** Advice I'm grateful to have received includes...
- **Spooky Song:** "Garden of Magic" John Debney from Hocus Pocus

MEALS IDEAS

- **Breakfast:** Granola and Greek Yogurt
- **Lunch:** Smoked Salmon Rice Bowl
- **Dinner:** Grilled Sausages with Parmesan Baby Potatoes & Roasted Veggies

DAILY DECLUTTERING

Find 1 broken item to toss or donate

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Draw or sketch tree branches with pencil or charcoal outside.
- **Self-Care:** Repeat some positive affirmations in the morning.
- **Romantic Idea:** Leave sweet post-it notes for them throughout the house.
- **Kindness Idea:** Decorate a pumpkin with someone.
- **Doodling Idea:** Puppy in a bubbling cauldron costume.
- **Watercoloring Idea:** Empty fireplace to lit fireplace.

DEEP CONVERSATION

Your biggest change and why you're proud of it.

SELF-IMPROVEMENT

Frame photos that you find motivating/inspiring.

JOURNALING IDEAS

- **Morning:** Favorite fall scents.
- **Evening:** Things that make you feel confident.
- **Gratitude:** Something you own that makes today better.
- **Self-Care:** Describe your ideal day.
- **One-Word:** Actions.