

27th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

You've done so much this year. You've just got to look in the right places.

- **Wake-Up Song:** "Champion" Fall Out Boy
- **Positive Thought:** I'm lucky because...
- **Spooky Song:** "The Haunted House" John Carpenter

MEALS IDEAS

- **Breakfast:** Tropical Chia Pudding
- **Lunch:** Shrimp Tacos
- **Dinner:** Chicken Skewers with Rice and Veggies

DAILY DECLUTTERING

Find 1 old item (e.g., old shoes, old blanket) to donate or toss.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Record sunlight filtering through the trees on your phone.
- **Self-Care:** Make your favorite dinner or try something new.
- **Romantic Idea:** Write your fall & winter bucket list together.
- **Kindness Idea:** Say something kind or encouraging to someone today.
- **Doodling Idea:** Labrador in a 'bowl of candy' hat.
- **Watercoloring Idea:** Bowl of watermelon pieces to bowl of mixed nuts.

DEEP CONVERSATION

A part of you that's still the same, even after so much change.

SELF-IMPROVEMENT

Learn an expression in another language.

JOURNALING IDEAS

- **Morning:** Favorite fall sounds.
- **Evening:** Times of the day or week when you feel optimistic.
- **Gratitude:** What you appreciate about the nature closest to you.
- **Self-Care:** Five small things you could do to boost your mood.
- **One-Word:** Infinite.