

28th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

We'll be indoors a lot more, so make your home cozy and full of your favorite things.

- **Wake-Up Song:** "Hall of Fame" The Script & will.i.am
- **Positive Thought:** Something that brought me joy recently was...
- **Spooky Song:** "Ghostbusters" Ray Parker Jr.

MEALS IDEAS

- **Breakfast:** Avocado Toast
- **Lunch:** Tomato Feta Salad
- **Dinner:** Creamy Polenta with Italian-Style Sausage

DAILY DECLUTTERING

Find 1 empty container to toss/recycle.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Put up fairy lights on your porch, balcony, or around the patio for ambiance when sitting outside.
- **Self-Care:** Meditate for a few minutes in the evening.
- **Romantic Idea:** Create a cozy space just for them at home.
- **Kindness Idea:** Thank a first responder online or in-person.
- **Doodling Idea:** Cat in a jester costume.
- **Watercoloring Idea:** Potatoes to French fries.

DEEP CONVERSATION

A positive change that's happened this year.

SELF-IMPROVEMENT

Visualize achieving a goal that's important to you.

JOURNALING IDEAS

- **Morning:** What inspires you about the way nature adapts during this time.
- **Evening:** A moment that pleasantly surprised you this month.
- **Gratitude:** Activities that bring you joy.
- **Self-Care:** Write about the people in your life you appreciate.
- **One-Word:** Prosperity.