

29th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

You're strong and resilient, like the trees standing tall outside.

- **Wake-Up Song:** "We Are the Champions" Queen
- **Positive Thought:** My favorite thing about fall is...
- **Spooky Song:** "It Must Be Halloween" Andrew Gold

MEALS IDEAS

- **Breakfast:** Spinach Feta Omelet
- **Lunch:** Yogurt Parfait
- **Dinner:** Crispy Fish and Chips

DAILY DECLUTTERING

Find 3 items out of season to store away.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Make a pinecone or fall-themed wreath for your front door.
- **Self-Care:** Do a fun activity like solving puzzles, crosswords, or doodling.
- **Romantic Idea:** Warm up their car if it's a cold morning.
- **Kindness Idea:** Organize a video call with family you haven't seen for a while.
- **Doodling Idea:** Astronaut dog.
- **Watercoloring Idea:** Blue sky landscape to fall sunset landscape.

DEEP CONVERSATION

Something you feel never has to change.

SELF-IMPROVEMENT

Write a kind note or message to someone you care about.

JOURNALING IDEAS

- **Morning:** Describe the colors you see outside and how they make you feel.
- **Evening:** Things that made you feel energized today.
- **Gratitude:** Things you use today that you once didn't have.
- **Self-Care:** What you love most about yourself.
- **One-Word:** Insight.