

30th of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Love this past month for its little moments and small wins.

- **Wake-Up Song:** "I Ain't Worried" OneRepublic
- **Positive Thought:** The best thing that happened in October was...
- **Spooky Song:** "Halloweentown Theme" Mark Mothersbaugh

MEALS IDEAS

- **Breakfast:** Apple Slices with Cheese
- **Lunch:** Egg Salad Sandwich
- **Dinner:** Chicken Souvlaki

DAILY DECLUTTERING

Toss or donate 1 thing you kept just in case years ago and never needed.

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DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Collect and press some fall leaves.
- **Self-Care:** Make yourself a cup of your favorite tea and relax.
- **Romantic Idea:** Give them a sincere compliment.
- **Kindness Idea:** Encourage friends online to share their favorite Halloween memories.
- **Doodling Idea:** Batpug (Pug as Batman).
- **Watercoloring Idea:** Summer apple to caramel apple.

DEEP CONVERSATION

A change you're still preparing for.

SELF-IMPROVEMENT

Follow a 15-minute stretching or pilates tutorial at home.

JOURNALING IDEAS

- **Morning:** Routines and activities you can do throughout darker evenings.
- **Evening:** Three great things that happened this month.
- **Gratitude:** Sounds you can hear that you're grateful for.
- **Self-Care:** Your top three things about this month.
- **One-Word:** Promises.