

31st of October Planner

..... Ordinary & Happy

DAILY INSPIRATION

Today, enjoy Halloween like you did when you were younger.

- **Wake-Up Song:** "Life's a Happy Song" from The Muppets
- **Positive Thought:** One way I can make my home cozier is...
- **Spooky Song:** "Monster Mash" Bobby "Boris" Pickett

MEALS IDEAS

- **Breakfast:** Cinnamon Rolls
- **Lunch:** Fall Harvest Salad
- **Dinner:** Burger or Pizza Night

DAILY DECLUTTERING

Find 1 item to toss, 1 item to recycle,
1 item to donate, and 1 item to
relocate.

☐

DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Time in Nature:** Go for a local Halloween walk in your area.
- **Self-Care:** Visualize the perfect day.
- **Romantic Idea:** Compete in a couples Halloween costume party.
- **Kindness Idea:** Have a bowl of candy ready for trick-or-treaters.
- **Doodling Idea:** Pharoah cat.
- **Watercoloring Idea:** Pumpkin to jack-o'-lantern.

DEEP CONVERSATION

A small, positive change you're going
to make before next year.

SELF-IMPROVEMENT

Reflect on the month and lessons
learned.

JOURNALING IDEAS

- **Morning:** Ways you can make your home more relaxing and comfortable.
- **Evening:** Three priorities for next month.
- **Gratitude:** What, right now, makes your life unique and special.
- **Self-Care:** Things you're looking forward to next month.
- **One-Word:** Goals.