Journaling for Nurturing Connections in September

S	M	T	W	T	F	S
31	1 People you're grateful for and why.	2 What connecting with family means to you.	3 What connecting with your significant other or friends means to you.	4 Something kind you can do for someone today.	5 Ways you can reach out to family.	6 Someone you could check in with.
7 Simple catch-ups you could organize with friends.	8 Local communities you could make friends at.	9 Local meet-ups you could go to.	10 Icebreaker topics with friends and new people.	11 Deep conversations you want to have with someone.	12 What you need to feel loved and supported.	13 Ways you can support friends and family.
14 Family traditions to bring back or keep going.	15 Shared experiences you'd love to create with someone.	16 Positive things to talk about at dinner.	17 What your love language is.	18 Gestures and activities that make you feel loved.	19 People you could reconnect with.	20 Family events or activities you could organize.
21 Ways you could strengthen a particular friendship.	22 Ways you could reconnect with extended family.	23 Ways to connect with people without words.	24 Activities you could do to connect with people.	25 Favorite memories of family get-togethers.	26 Places to go for friend or family meet-ups.	27 Conversation ideas for people you don't find easy to talk to.
28 Milestones /events to celebrate for the year.	29 Simple things to do every day to connect with friends.	30 People you have connected with more this month.	1	2	3	4

Ordinary & Happy