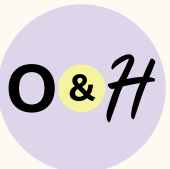


Evening Journaling for September

S	M	T	W	T	F	S
30 	31	1 How the first day of September was.	2 Something you're grateful for today.	3 A person you connected with today.	4 A small achievement from this week.	5 A happy memory you made today.
6 People you're grateful for today.	7 Good things you deserve.	8 How you improved today.	9 One kind thing you did or someone did for you.	10 The funniest thing that happened today.	11 Something you learned today.	12 Something positive that happened today.
13 What you want to dream about tonight.	14 Describe today's highlight.	15 A challenge you handled today.	16 A good idea you had today.	17 Someone you look up to and why.	18 Something that motivated you today.	19 Things that made you feel relaxed today.
20 One thing you do that makes you lose track of time.	21 One thing that went well today.	22 Ways to make tomorrow better.	23 Something you love about fall.	24 Something you're looking forward to this season.	25 Write a thank you letter to someone important to you.	26 Hobbies you really enjoyed this month.
27 New hobbies you really want to try.	28 Something you realized this month.	29 One thing that made you smile today.	30 Your thoughts on this month.	1 	2 	3  Ordinary & Happy