

October 1st Journaling & Creativity

Ordinary & Happy
O & H

MORNING

A habit or routine that can bring stability in this time of change.

**POSITIVE
THOUGHT**

This October, I'm looking forward to...

**ONE -
WORD**

Beginnings.

**INTRO -
SPECTION**

Your top priorities in life.

**GRATITUDE
FOR PEOPLE**

Life lessons from your parents/family that you still use today.

**GRATITUDE
FOR PRESENT**

Simple things around you that bring you comfort.

**REST OF
THE YEAR**

A daily routine you can start doing.

SELF - CARE

Things you did last month that made you feel good about yourself.

EVENING

Three big wins from last month.

DOODLE

Pug in a pumpkin costume.

**WATER -
COLOR**

Black coffee to latte.