

September 24th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Three things you can do to make today better.

POSITIVE THOUGHT

A friend I'm excited to meet up with is...

ONE - WORD

Bliss.

GRATITUDE

Ways the outdoor areas of your home have brought you joy.

CONNECTION

Favorite memories of family get-togethers.

NATURE

What you feel nature is trying to tell you right now.

SELF - CARE

Experiences that make you feel good about yourself.

EVENING

Something you're looking forward to this season.

DOODLE

Hot air balloon.

WATER - COLOR

Bowl of soup.