

September 2nd Journaling & Creativity

Ordinary & Happy
O & H

MORNING

List of things that could motivate you this month.

**POSITIVE
THOUGHT**

People appreciate me for...

ONE - WORD

Laughter.

GRATITUDE

Scents that bring you comfort.

CONNECTION

What connecting with family means to you.

NATURE

The colors in today's landscape and how they make you feel.

SELF - CARE

Things you're grateful for from this summer.

EVENING

Something you're grateful for today.

DOODLE

Sweater.

**WATER -
COLOR**

Stack of books.