

September 3rd Journaling & Creativity

Ordinary & Happy
O & H

MORNING

One fun thing to do over lunch break today.

**POSITIVE
THOUGHT**

I'm good at...

ONE - WORD

Progress.

GRATITUDE

What makes your home unique to you.

CONNECTION

What connecting with your significant other or friends means to you.

NATURE

How you would describe the sky right now and why.

SELF - CARE

What excites you about September and the fall season.

EVENING

A person you connected with today.

DOODLE

Rain boots.

**WATER -
COLOR**

Acorn.