

September 4th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Something great you hope to happen today.

**POSITIVE
THOUGHT**

I'm learning to...

ONE - WORD

Sunshine.

GRATITUDE

Family dinners and get-togethers you cherish.

CONNECTION

Ways you can reach out to family.

NATURE

What flowers/plants are in your home/garden and why you love them.

SELF - CARE

Whether you've been kind to yourself lately and why/why not.

EVENING

A small achievement from this week.

DOODLE

Lunchbox.

**WATER -
COLOR**

Red orange leaf.