

September 5th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

One self-care activity to do for yourself today.

**POSITIVE
THOUGHT**

I like that I'm...

ONE - WORD

Comfort.

GRATITUDE

Your favorite sounds at home.

CONNECTION

Someone you could check in with.

NATURE

Nearby scenic places that bring you inner calm.

SELF - CARE

One kind thing to do for yourself this week.

EVENING

A happy memory you made today.

DOODLE

Apple.

**WATER -
COLOR**

Sweater.