

September 7th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

One thing to do to work on your top goal this week.

POSITIVE
THOUGHT

I feel happy when...

ONE - WORD

Rest.

GRATITUDE

Morning or evening routines you do from home.

CONNECTION

Local communities you could make friends at.

NATURE

How being in nature is making/has made you feel today.

SELF - CARE

Small things that bring you joy during the fall season.

EVENING

Good things you deserve.

DOODLE

Candle in a jar.

WATER -
COLOR

Grapes.