

September 10th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Something to do today to build your confidence.

**POSITIVE
THOUGHT**

I trust myself to make the right decision about...

ONE - WORD

Light.

GRATITUDE

Plants that bring you joy at home.

CONNECTION

Deep conversations you want to have with someone.

NATURE

How the nature around you has changed in the last two weeks.

SELF - CARE

Music, books, and movies that make you feel cozy during fall.

EVENING

The funniest thing that happened today.

DOODLE

Pine cone.

**WATER -
COLOR**

Squirrel.