

September 11th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

One reason life is good right now.

**POSITIVE
THOUGHT**

My creativity is on display when...

ONE - WORD

Reflection.

GRATITUDE

Memories of dishes and foods you've cooked.

CONNECTION

What you need to feel loved and supported.

NATURE

Natural sounds you can only hear when you listen intently.

SELF - CARE

Fall recipes you love.

EVENING

Something you learned today.

DOODLE

Coffee mug.

**WATER -
COLOR**

Pine cone.