

September 12th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Write down ten fun things you want to do this fall.

**POSITIVE
THOUGHT**

Something I'm happy I did this week is...

ONE - WORD

Challenge.

GRATITUDE

Simple luxuries you can enjoy from home.

CONNECTION

Ways you can support friends and family.

NATURE

Something fragile you can see that is not just surviving but thriving.

SELF - CARE

What's on your fall bucket list.

EVENING

Something positive that happened today.

DOODLE

Hedgehog.

**WATER -
COLOR**

Apple pie.