

September 15th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

One obstacle you're expecting and how to overcome it.

**POSITIVE
THOUGHT**

Someone who's always been there for me is...

ONE - WORD

Harmony.

GRATITUDE

Household items that are simple but bring joy.

CONNECTION

Positive things to talk about at dinner.

NATURE

Shapes of shadows cast by sunset.

SELF - CARE

Things that make you unique.

EVENING

A challenge you handled today.

DOODLE

Roasted marshmallow.

**WATER -
COLOR**

Aster (flower).