

# September 18th Journaling & Creativity

Ordinary & Happy  
O & H

**MORNING**

One thing you love about your job/daily activities.

**POSITIVE  
THOUGHT**

Someone I'm grateful for meeting recently is...

**ONE - WORD**

Generosity.

**GRATITUDE**

Your favorite textures in your home.

**CONNECTION**

People you could reconnect with.

**NATURE**

An object in nature that feels like it's waiting for you to notice it.

**SELF - CARE**

One thing that's better this September compared to last year.

**EVENING**

Something that motivated you today.

**DOODLE**

Starry sky.

**WATER -  
COLOR**

Candle.