

September 19th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

One simple bucket list item you could check off today.

**POSITIVE
THOUGHT**

I'm proud of my courage in...

ONE - WORD

Celebration.

GRATITUDE

Ways your home is cozy.

CONNECTION

Family events or activities you could organize.

NATURE

What is moving fast in nearby nature and what is moving slow.

SELF - CARE

Write a thank-you letter to your past self.

EVENING

Things that made you feel relaxed today.

DOODLE

Mini pies.

**WATER -
COLOR**

Sourdough bread.