

September 20th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

One thing you're looking forward to.

**POSITIVE
THOUGHT**

A new positive experience I had recently was...

ONE - WORD

Authenticity.

GRATITUDE

What you look forward to most about returning home.

CONNECTION

Ways you could strengthen a particular friendship.

NATURE

Shapes in the branches of a nearby tree.

SELF - CARE

Write a thank-you letter to your future self.

EVENING

One thing you do that makes you lose track of time.

DOODLE

Pumpkin.

**WATER -
COLOR**

Boots.