

September 21st Journaling & Creativity

Ordinary & Happy
O & H

MORNING

One thing to do to work on your top goal this week.

**POSITIVE
THOUGHT**

I'm improving at...

ONE - WORD

Curiosity.

GRATITUDE

Things you overlook at home but are glad you have.

CONNECTION

Ways you could reconnect with extended family.

NATURE

How nature is showing you it's the end of summer.

SELF - CARE

What a letter from someone who loves you would say.

EVENING

One thing that went well today.

DOODLE

Clouds.

**WATER -
COLOR**

Cinnamon rolls.