

# September 22nd Journaling & Creativity

Ordinary & Happy  
O & H

**MORNING**

Ways to stay positive this week.

**POSITIVE  
THOUGHT**

Something I love about my personality is...

**ONE - WORD**

Treasure.

**GRATITUDE**

Tasks or chores that are meditative.

**CONNECTION**

Ways to connect with people without words.

**NATURE**

How your life is the same as and different from a small insect you can spot.

**SELF - CARE**

Recent times you felt good about yourself.

**EVENING**

Ways to make tomorrow better.

**DOODLE**

Checkerboard.

**WATER -  
COLOR**

Bonfire.