

September 23rd Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Describe a happy memory from this week.

**POSITIVE
THOUGHT**

My skills shine when...

ONE - WORD

Warmth.

GRATITUDE

What your home has taught you about yourself.

CONNECTION

Activities you could do to connect with people.

NATURE

Shapes of the leaves on the ground.

SELF - CARE

People who make you feel good about yourself.

EVENING

Something you love about fall.

DOODLE

Owl.

**WATER -
COLOR**

Hedgehog.