

September 25th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Something fun you can do after work/in the evening.

**POSITIVE
THOUGHT**

A trip I'm excited about going on is...

ONE - WORD

Brilliance.

GRATITUDE

Milestones you've celebrated at home.

CONNECTION

Places to go for friend or family meet-ups.

NATURE

The loudest bird or insect you can hear and what you think it's saying.

SELF - CARE

One caring thing you could do for yourself this week.

EVENING

Write a thank-you letter to someone important to you.

DOODLE

Lightbulb.

**WATER -
COLOR**

Full moon.