

September 26th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Something kind you can do for your family/close friends this weekend.

**POSITIVE
THOUGHT**

One thing I'm proud of accomplishing this month is...

ONE - WORD

Beauty.

GRATITUDE

Hobbies and activities your home has facilitated.

CONNECTION

Conversation ideas for people you don't find easy to talk to.

NATURE

How you'd describe the nearby nature to someone who's never seen it.

SELF - CARE

Self-care ideas that helped in the past.

EVENING

Hobbies you really enjoyed this month.

DOODLE

Dahlia (flower).

**WATER -
COLOR**

Fuzzy socks.