

September 29th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Small achievements from this month.

**POSITIVE
THOUGHT**

My favorite memory from this month was...

ONE - WORD

Vision.

GRATITUDE

The quietest times in your home.

CONNECTION

Something kind you can do for someone today.

NATURE

Signs of fall you can see and how they make you feel.

SELF - CARE

Things you want more of in your life now.

EVENING

One thing that made you smile today.

DOODLE

Crown.

**WATER -
COLOR**

Caramel apple.