

September 30th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

How working on your top goal this month went.

**POSITIVE
THOUGHT**

I am proud of myself for...

ONE - WORD

Simplicity.

GRATITUDE

How your bed makes you feel after a long day.

CONNECTION

People you have connected with more this month.

NATURE

Sounds you can hear if you go outside right now.

SELF - CARE

Things you're looking forward to next month.

EVENING

Your thoughts on this month.

DOODLE

Maple leaf.

**WATER -
COLOR**

Mug with steam.