

3rd of September

Journaling Planner

..... Ordinary & Happy

MORNING

One fun thing to do over lunch break today.

Start by thinking of places you could go away from your desk or office. Consider nearby parks, a mall within driving distance, or exploring a little of the town or city you work in. You could also catch up with someone.

☐

POSITIVE THOUGHT

I'm good at...

There are many practical, day-to-day things you could write here, but try to have fun with this one. Write hobbies you enjoy, things you're passionate about, or the role you naturally fall into in your social circles.

☐

ONE-WORD

Progress.

If a particular goal has stalled lately, go back weeks, months, or even years. Write about how much progress you've made, even if you're still working on it. You can also write about progress in society and the world.

☐

GRATITUDE FOR HOME

What makes your home unique to you.

Take a walk around your home. Write about framed photographs, decor you chose, or the layouts of rooms. Have fun with this one, too, by writing about the lovable quirks of your home.

☐

CONNECTION

What connecting with your significant other or friends means to you.

Draw 4 boxes in a 2x2 formation, and write 'significant other' and 'friends' to the left, and 'activities' and 'conversation' at the top. Identify activities you do together, what you talk about, and how that makes you feel.

☐

NATURE

How you would describe the sky right now and why.

Describe the colors you see, the patterns in the sky, and the shapes and lines that intersect at the horizon. Describe what else is in the sky, like clouds, the sun, or stars. You can also describe the sky as emotions.

☐

SELF-CARE

What excites you about September and the fall season.

Start with events, dates, and milestones. If you're having trouble, keep things within your home. Describe what having friends over in the fall looks like, a cozy night in, or how your home keeps you warm.

☐

EVENING

A person you connected with today.

This doesn't have to be a phone call to someone, or a specific meeting. You could describe a simple interaction with family at home or someone you said 'hi' to. These are all examples of connection.

☐