

4th of September

Journaling Planner

..... Ordinary & Happy

MORNING	Something great you hope to happen today.	☐
If you're an optimistic person, have fun with this one. Be bold in what you write. If you're more reserved, keep the ideas realistic, such as the next episode of a TV show you watch being great or you getting to watch a beautiful sunset.		
POSITIVE THOUGHT	I'm learning to...	☐
You can approach this in two ways. Either describe a recent setback or challenge you had to overcome, how you handled it, and what you learned about yourself. Or look at the year as a whole and something you've made progress on since the start of the year.		
ONE-WORD	Sunshine.	☐
Close your eyes, and recall memories of sunshine. Think about sunshine in your backyard, through the window at home, or places you associate with sunshine. You can also write about how sunshine makes you feel.		
GRATITUDE FOR HOME	Family dinners and get-togethers you cherish.	☐
Start with key holidays and milestones you typically get together for. Then, revisit a particular get-together or dinner you remember, no matter the occasion. Describe it in detail, including who was there and why you cherish that memory so much.		
CONNECTION	Ways you can reach out to family.	☐
Create two columns, one labeled 'messages' and one 'events'. Write a series of simple messages you could send to a family member, like 'hope you're well' you could send. Then list some low-key ways you could meet, like coffee at a coffee shop.		
NATURE	What flowers/plants are in your home/garden & why you love them.	☐
Sit or stand in the backyard, and make a list of everything you see. If you can't name some plants, photograph them and search online, or use an identification app. For each plant, write why it makes your garden beautiful and how it makes you feel.		
SELF-CARE	Whether you've been kind to yourself lately and why/why not.	☐
Make this easier by creating three columns labeled 'moment or activity', 'kind Yes/No', and 'why'. Write down moments, times, and activities from the past week. Write Yes or No if they were an act of kindness, and then write why or why not in the final column.		
EVENING	A small achievement from this week.	☐
Start with something measurable, like a task completed or a goal reached. However, it doesn't have to be a number-related or measurable achievement. Even something that made you happy for a fleeting moment can be looked at as an achievement.		