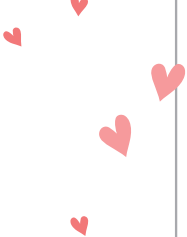


Journaling for Staying Positive as the Days Get Shorter this October

S	M	T	W	T	F	S
27  Ordinary & Happy	28 	29 	30	1 What you enjoy about cozy evenings in.	2 Ways short days can invite you to be more present.	3 Evening routines you can do in longer nights.
4 How you can create cozy light at home.	5 How your routine can take inspiration from animals in nature.	6 Ways you can reconnect with things you love.	7 Indoor activities you enjoy.	8 People you could talk to online more regularly.	9 Regular online meetups you could suggest and schedule.	10 Ways you can prioritize more time to rest.
11 Comforting things about fall evenings.	12 Simple bedtime routines you could implement.	13 What you can reflect on in the quiet of night.	14 How you can connect with loved ones and family.	15 Things that become clear at night compared to the day.	16 Scents that can help embrace the longer evenings.	17 Indoor activities you can do with other people.
18 Foods you're looking forward to cooking or making.	19 What shorter days remind you to appreciate.	20 Small joys of longer evenings.	21 How you can make your home cozy.	22 What you can still do in the light during shorter days.	23 Traditions that are more meaningful in the fall.	24 Ways the night sky makes you hopeful.
25 Ways you can add more light to your home.	26 Things you pay more attention to at night.	27 Ways to make the most of a shorter day.	28 Ways you can reconnect with yourself and passions.	29 What the shorter days have taught you about your resilience.	30 Ways you can make the most of sunset.	31 Memories you're excited to make this fall and winter.