

October Evening Journaling

to See Things Differently

S	M	T	W	T	F	S
27  Ordinary & Happy	28 	29 	30 	1 Three big wins from last month.	2 Three things you're grateful for this week.	3 Something that made you happy today.
4 People you're happy you got to see or talk to recently.	5 Things that went well today.	6 Something that made you smile today.	7 Ways you've stepped out of your comfort zone recently.	8 Ways you've shown kindness or empathy recently.	9 Something interesting you've noticed today or recently.	10 Things you're excited about this month.
11 Activities that made you feel reenergized this weekend.	12 Opportunities you see ahead.	13 One thing to do just for yourself tomorrow.	14 The happiest moment of the day.	15 A challenge you've overcome so far this month.	16 Something that inspired you this week.	17 Things you're proud of to have achieved this week.
18 One way you'd love to improve your life and how to achieve that.	19 Compliments you've received that feel meaningful.	20 Steps you've taken towards a meaningful goal this year.	21 One thing you're grateful to have learned recently.	22 One good choice you've made today or this week.	23 A moment from this week you'd want to relive.	24 A nice conversation you had this week.
25 Something new you've tried recently.	26 Things that make you feel confident.	27 Times of the day or week when you feel optimistic.	28 A moment that pleasantly surprised you this month.	29 Things that made you feel energized today.	30 Three great things that happened this month.	31 Three priorities for next month.