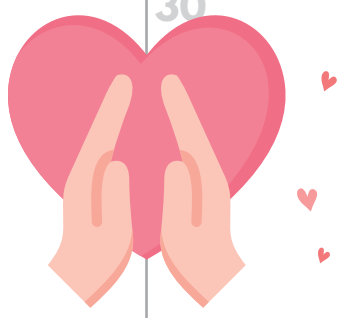


October *Gratitude* Journaling

About Being Present

S	M	T	W	T	F	S
27  Ordinary & Happy	28 	29 	30	1 Simple things around you that bring you comfort.	2 Something you use in everyday life you often overlook.	3 People you've interacted with this week that made you happy.
4 Simple conveniences you're thankful for.	5 Kind and positive interactions you've had recently.	6 Parts of your routine that ground you.	7 Simple joys you often overlook.	8 Something about today you can appreciate.	9 Something you can see out of the window you're grateful for.	10 Things that make you feel cozy.
11 People you could message or call right now.	12 Scents or aromas you appreciate.	13 Foods that remind you of family.	14 Technology that has helped or supported you today.	15 Moments of quiet you've experienced.	16 Something you have in your life in abundance.	17 Conversations or interactions that uplifted you.
18 Hopeful or inspiring things you've read or could read.	19 Daily tasks or errands that bring you inner calm.	20 What you love about your street or neighborhood.	21 What in your local community you're thankful for.	22 Something nearby that makes your life easier.	23 Items of clothing that make you feel cozy.	24 Accomplishments from the week, no matter how small.
25 Moments of beauty you've noticed recently.	26 Something you own that makes today better.	27 What you appreciate about the nature closest to you.	28 Activities that bring you joy.	29 Things you use today that you once didn't have.	30 Sounds you can hear that you're grateful for.	31 What, right now, makes your life unique and special.