

October Journaling *About*

Making *the Most of the Rest of the Year*

S	M	T	W	T	F	S
27  Ordinary & Happy	28	29 	30	1 A daily routine you can start doing.	2 A goal you want to revisit, not necessarily finish.	3 Identify the people you want to spend the most time with.
4 Simple, ordinary joys you are overlooking.	5 At-home get-togethers you could organize.	6 Places you want to go before the end of the year.	7 People you could message on a regular basis.	8 How you want to feel at the end of the year.	9 Holidays or celebrations and what you could do for them.	10 Ways you could contribute to your local community.
11 What you'd regret not doing before the year ends.	12 A project you'd like to bring to life or start before the new year.	13 Simple ways you can make a difference.	14 Local one-off events you could attend.	15 Skills or hobbies you want to give more attention to.	16 Simple, kind things you could do.	17 Ways you can acknowledge the year and what you've done.
18 Ways you can show appreciation for loved ones or close friends.	19 Ways you can reframe unfinished goals as 'opportunities'.	20 A change you can make now to make next year easier.	21 People to want to see before the end of the year.	22 What you want to leave behind in this year.	23 Something you can start now instead of January 1st.	24 Overdue reunions you could organize.
25 Ways you can be more present.	26 Something courageous you want to do before next year.	27 Ways you could bring the whole family together.	28 Ways to not let an ordinary day pass you by.	29 Something creative you could do.	30 Somewhere to put the mementos, photos, and videos of the year.	31 What matters to you for the rest of the year.