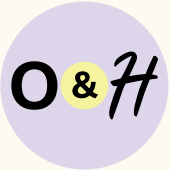


Morning Journaling *for* October

About Embracing Fall

S	M	T	W	T	F	S
27  Ordinary & Happy	28 	29 	30 	1 A habit or routine that can bring stability in this time of change.	2 Fall activities you're looking forward to.	3 Holidays or events you want to celebrate.
4 Routines you can develop for the longer nights.	5 Small comforts to look forward to.	6 Outdoor activities you can still do.	7 Ways a nature walk is different in a positive way in colder weather.	8 Ways your interactions with loved ones will stay the same.	9 Things you can only do in fall that excite you.	10 Your intentions for fall.
11 What you can learn from nature and the changing of the season.	12 Simple self-care activities you can do more of.	13 What a cozy fall day looks like for you.	14 Favorite memories from summer.	15 Beautiful memories you want to make this fall.	16 Things that are beautiful about the season.	17 Simple positives of moving into fall.
18 Places you want to go before the year ends.	19 Simple morning routines to set you up for a positive day.	20 Ways you can use your lunch break or afternoon to make the most of the day.	21 Ways you can make your evenings more enjoyable.	22 People you want to spend more time with.	23 Fond memories of past fall seasons.	24 Ways you can stay grounded during times of changes.
25 Things you're excited to see this fall.	26 Favorite fall scents.	27 Favorite fall sounds.	28 What inspires you about the way nature adapts during this time.	29 Describe the colors you see outside and how they make you feel.	30 Routines and activities you can do throughout darker evenings.	31 Ways you can make your home more relaxing and comfortable.