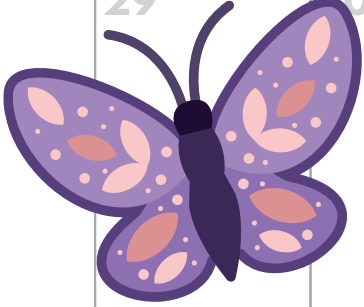


October Journaling *for* Noticing

the Beauty in Daily Life

S	M	T	W	T	F	S
27 	28 	29 	30 	1 Times you can look up from your screen more.	2 What beauty can be beyond how something looks.	3 Beautiful moments you've shared with loved ones.
4 Sounds that are beautiful to you.	5 Beautiful feelings you've experienced.	6 Something you overlook everyday that could be beautiful.	7 Things that are beautiful through the closest window to you.	8 Things that are beautiful when you look up.	9 Subtle beauty around you that isn't that noticeable.	10 Colors of fall you've seen that are beautiful.
11 Notice the beauty in an ordinary object next to you.	12 Notice shadows and how they create beauty in your home.	13 Recount a beautiful memory.	14 What's beautiful about your neighborhood.	15 Describe or draw beautiful forms of nature you can see.	16 Beautiful nearby places you can walk.	17 Describe or draw the beauty of craftsmanship in your home.
18 Voices you find beautiful.	19 Ways an ordinary life can be beautiful.	20 Times of day you find most beautiful and why.	21 Notice and draw the beauty of the patterns in your hands.	22 Beautiful interactions with people you've had recently.	23 Identify the beauty of lights in the dark.	24 Identify textures you find beautiful.
25 Identify beautiful reflections, such as in water or shiny surfaces.	26 Beautiful clothing and jewelry you have at home.	27 Notice the beauty in your eyes or someone else's eyes.	28 Identify the beauty of something fragile but resilient.	29 Repetition you find beautiful.	30 The beauty of the moment you're in right now.	31 Ordinary things that can be interpreted as beautiful.