

October 3rd Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Holidays or events you want to celebrate.

POSITIVE THOUGHT

Things I want to focus on for the rest of the year include...

ONE - WORD

Peaceful.

INTRO - SPECTION

One thing you could improve on and a plan of action for it.

GRATITUDE FOR PEOPLE

Family memories you're grateful to have made.

GRATITUDE FOR PRESENT

People you've interacted with this week that made you happy.

REST OF THE YEAR

Identify the people you want to spend the most time with.

SELF - CARE

One thing you're grateful for this week.

EVENING

Something that made you happy today.

DOODLE

Any pet under a white sheet as a ghost.

WATER - COLOR

Clear lake to misty lake.