

October 4th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Routines you can develop for the longer nights.

POSITIVE THOUGHT

A nice thing I want to do
for myself this month is...

ONE - WORD

Happiness.

INTRO - SPECTION

Activities that make you happy.

GRATITUDE FOR PEOPLE

Someone who believed in you.

GRATITUDE FOR PRESENT

Simple conveniences you're thankful for.

REST OF THE YEAR

Simple, ordinary joys you are overlooking.

SELF - CARE

Write down a list of your favorite things (songs, movies,
scents).

EVENING

People you're happy you got to see or talk to recently.

DOODLE

Shih Tzu in a skeleton suit.

WATER - COLOR

Bee on a sunflower to
sunflower with fall colors.