

October 5th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Small comforts to look forward to.

**POSITIVE
THOUGHT**

One thing I'm grateful for
this week is...

**ONE -
WORD**

Lightness.

**INTRO -
SPECTION**

People who make you happy.

**GRATITUDE
FOR PEOPLE**

Someone whose kindness you admire.

**GRATITUDE
FOR PRESENT**

Kind and positive interactions you've had recently.

**REST OF
THE YEAR**

At-home get-togethers you could organize.

SELF - CARE

Describe your favorite place in the world.

EVENING

Things that went well today.

DOODLE

Greyhound in mummy
bandages.

**WATER -
COLOR**

Blank whiteboard to
whiteboard with equations.