

# October 7th Journaling & Creativity

Ordinary & Happy  
O & H

## MORNING

Ways a nature walk is different in a positive way.

## POSITIVE THOUGHT

I was pleasantly  
surprised recently by...

## ONE - WORD

Affection.

## INTRO - SPECTION

The best day you've ever had at work, and why.

## GRATITUDE FOR PEOPLE

Someone who taught you a lot about yourself.

## GRATITUDE FOR PRESENT

Simple joys you often overlook.

## REST OF THE YEAR

People you could message on a regular basis.

## SELF - CARE

One thing that made you smile today.

## EVENING

Ways you've stepped out of your comfort zone recently.

## DOODLE

Cat in a centipede  
costume.

## WATER - COLOR

Green pinecone to open  
brown pinecone.