

October 8th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Ways your interactions with loved ones will stay the same.

POSITIVE THOUGHT

Holiday plans I'm excited
about include...

ONE - WORD

Optimism.

INTRO - SPECTION

What new experiences you want to have.

GRATITUDE FOR PEOPLE

A teacher or mentor you learned a lot from.

GRATITUDE FOR PRESENT

Something about today you can appreciate.

REST OF THE YEAR

How you want to feel at the end of the year.

SELF - CARE

Write an inspirational letter to your future self.

EVENING

Ways you've shown kindness or empathy recently.

DOODLE

Bulldog with a
Frankenstein mask.

WATER - COLOR

Spider web to frosted
spider web.