

October 9th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Things you can only do in fall that excite you.

POSITIVE THOUGHT

Something nice I've
recently discovered is...

ONE - WORD

Productivity.

INTRO - SPECTION

If you had unlimited resources, what your dreams would look like.

GRATITUDE FOR PEOPLE

Someone who brings life and love to your local community.

GRATITUDE FOR PRESENT

Something you can see out of the window you're grateful for.

REST OF THE YEAR

Holidays or celebrations, and what you could do for them.

SELF - CARE

Something kind you can do for yourself this weekend.

EVENING

Something interesting you've noticed today or recently.

DOODLE

Jack Russell as a pirate
captain.

WATER - COLOR

White clouds to rainclouds.