

October 10th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Your intentions for fall.

**POSITIVE
THOUGHT**

One self-care activity I
can do this month is...

**ONE -
WORD**

Charm.

**INTRO -
SPECTION**

What your ideal day looks like.

**GRATITUDE
FOR PEOPLE**

Someone who challenges you to be better.

**GRATITUDE
FOR PRESENT**

Things that make you feel cozy.

**REST OF
THE YEAR**

Ways you could contribute to your local community.

SELF - CARE

One thing you loved about this week.

EVENING

Things you're excited about this month.

DOODLE

Hamster in a three-eyed
alien hat.

**WATER -
COLOR**

Field with flowers to field
with hay bales.