

October 11th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

What you can learn from nature and the changing of the season.

POSITIVE THOUGHT

A kind thing I hope to do for someone this year is...

ONE - WORD

Empathy.

INTRO - SPECTION

Values you hold dear.

GRATITUDE FOR PEOPLE

Family memories that make you laugh.

GRATITUDE FOR PRESENT

People you could message or call right now.

REST OF THE YEAR

What you'd regret not doing before the year ends.

SELF - CARE

What makes you feel confident.

EVENING

Activities that made you feel reenergized this weekend.

DOODLE

Iguana in a black suit and top hat.

WATER - COLOR

Nest with eggs to empty nest.