

October 12th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Simple self-care activities you can do more of.

POSITIVE THOUGHT

A positive experience I've
had so far this fall is...

ONE - WORD

Adaptable.

INTRO - SPECTION

People you care about.

GRATITUDE FOR PEOPLE

Family quirks you still hold dear.

GRATITUDE FOR PRESENT

Scents or aromas you appreciate.

REST OF THE YEAR

A project you'd like to bring to life or start before the new
year.

SELF - CARE

One thing you're looking forward to this week.

EVENING

Opportunities you see ahead.

DOODLE

Dachshund in a hot dog
costume.

WATER - COLOR

Summer fruit bowl to fall
fruit bowl.