

October 13th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

What a cozy fall day looks like for you.

**POSITIVE
THOUGHT**

One thing I'm improving
at this month is...

**ONE -
WORD**

Serenity.

**INTRO -
SPECTION**

Three things in general you're most grateful for in life.

**GRATITUDE
FOR PEOPLE**

Someone you admire.

**GRATITUDE
FOR PRESENT**

Foods that remind you of family.

**REST OF
THE YEAR**

Simple ways you can make a difference.

SELF - CARE

What makes you feel loved.

EVENING

One thing to do just for yourself tomorrow.

DOODLE

Cat in a spider legs
costume.

**WATER -
COLOR**

Ship on a calm sea to a
stormy sea.