

October 15th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Beautiful memories you want to make this fall.

**POSITIVE
THOUGHT**

Something good that
happened at work was...

**ONE -
WORD**

Considerate.

**INTRO -
SPECTION**

Hobbies you wish you had more time for.

**GRATITUDE
FOR PEOPLE**

A childhood hero and why.

**GRATITUDE
FOR PRESENT**

Moments of quiet you've experienced.

**REST OF
THE YEAR**

Skills or hobbies you want to give more attention to.

SELF - CARE

Things you can do to make your home cozier.

EVENING

A challenge you've overcome so far this month.

DOODLE

Dog in an orange jumpsuit.

**WATER -
COLOR**

Waterfall to frozen
waterfall.