

October 16th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Things that are beautiful about the season.

POSITIVE THOUGHT

A success story I'm proud
of is...

ONE - WORD

Mystery.

INTRO - SPECTION

What makes you feel loved.

GRATITUDE FOR PEOPLE

A stranger whose kindness left a lasting impression on you.

GRATITUDE FOR PRESENT

Something you have in your life in abundance.

REST OF THE YEAR

Simple, kind things you could do.

SELF - CARE

Write about the last time you laughed really hard.

EVENING

Something that inspired you this week.

DOODLE

Cat with a witch's hat.

WATER - COLOR

Iced tea to hot cocoa.