

October 17th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Simple positives of moving into fall.

**POSITIVE
THOUGHT**

The best thing about this week was...

**ONE -
WORD**

Wisdom.

**INTRO -
SPECTION**

What makes you feel appreciated.

**GRATITUDE
FOR PEOPLE**

A reunion that brought you a lot of joy.

**GRATITUDE
FOR PRESENT**

Conversations or interactions that uplifted you.

**REST OF
THE YEAR**

Ways you can acknowledge the year and what you've done.

SELF - CARE

One experience you loved this week.

EVENING

Things you're proud of to have achieved this week.

DOODLE

Zombie dog.

**WATER -
COLOR**

Sandals to boots.