

October 18th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Places you'd love to visit in the fall.

**POSITIVE
THOUGHT**

Something I love about weekends is...

**ONE -
WORD**

Useful.

**INTRO -
SPECTION**

Ways you can show more appreciation for the people you love.

**GRATITUDE
FOR PEOPLE**

Favorite sit-down dinner memories.

**GRATITUDE
FOR PRESENT**

Hopeful of inspiring things you've read or could read.

**REST OF
THE YEAR**

Ways you can show appreciation for loved ones or close friends.

SELF - CARE

Ways to show kindness to others this week.

EVENING

One way you'd love to improve your life and how to achieve that.

DOODLE

Husky in a wizard costume.

**WATER -
COLOR**

Summer tree to fall tree.