

October 19th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Simple morning routines to set you up for a positive day.

POSITIVE THOUGHT

I'm glad that...

ONE - WORD

Modest.

INTRO - SPECTION

Things you love about your home.

GRATITUDE FOR PEOPLE

Someone who made you feel 'at home' in an unfamiliar place.

GRATITUDE FOR PRESENT

Daily tasks or errands that bring you inner calm.

REST OF THE YEAR

Ways you can reframe unfinished goals as 'opportunities'.

SELF - CARE

Three things you're looking forward to this week.

EVENING

Compliments you've received that feel meaningful.

DOODLE

Guinea pig in a Ghostbusters uniform.

WATER - COLOR

Beach towel to picnic blanket.