

October 20th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Ways you can use your lunch break or afternoon to make the most of the day.

POSITIVE THOUGHT

One thing I love about mornings is...

ONE - WORD

Determination.

INTRO - SPECTION

What you'd love to change about your home, and why.

GRATITUDE FOR PEOPLE

A friend who has always been there for you.

GRATITUDE FOR PRESENT

What you love about your street or neighborhood.

REST OF THE YEAR

A change you can make now to make next year easier.

SELF - CARE

A recent compliment you received that you appreciated.

EVENING

Steps you've taken towards a meaningful goal this year.

DOODLE

Gothic goat.

WATER - COLOR

Raw veggie to roasted
veggie e.g. squash.