

October 22nd Journaling & Creativity

Ordinary & Happy
O & H

MORNING

People you want to spend more time with.

**POSITIVE
THOUGHT**

A place I visited this year
that I loved was...

**ONE -
WORD**

Magic.

**INTRO -
SPECTION**

If you could live anywhere in the world, where you would
live.

**GRATITUDE
FOR PEOPLE**

A friend who makes an ordinary day memorable.

**GRATITUDE
FOR PRESENT**

Something nearby that makes your life easier.

**REST OF
THE YEAR**

What you want to leave behind this year.

SELF - CARE

What makes you feel hopeful.

EVENING

One good choice you've made today or this week.

DOODLE

Spaniel in a clown
costume.

**WATER -
COLOR**

New candle to melted
candle.