

October 23rd Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Fond memories of past fall seasons.

**POSITIVE
THOUGHT**

One thing I love about
evenings is...

**ONE -
WORD**

Pause.

**INTRO -
SPECTION**

People you'd love to reconnect with.

**GRATITUDE
FOR PEOPLE**

Someone you love more than anything.

**GRATITUDE
FOR PRESENT**

Items of clothing that make you feel cozy.

**REST OF
THE YEAR**

Something you can start now instead of January 1st.

SELF - CARE

Things that make you feel recharged.

EVENING

A moment from this week you'd want to relive.

DOODLE

Tortoise in a UFO costume.

**WATER -
COLOR**

Beach postcard to orchard
postcard.