

October 24th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Ways you can stay grounded during times of change.

POSITIVE THOUGHT

A family tradition I love
is...

ONE - WORD

Growth.

INTRO - SPECTION

Where you see yourself in one year.

GRATITUDE FOR PEOPLE

Someone you're grateful to have made a lot of memories
with.

GRATITUDE FOR PRESENT

Accomplishments from the week, no matter how small.

REST OF THE YEAR

Overdue reunions you could organize.

SELF - CARE

One caring thing you did for yourself this week.

EVENING

A nice conversation you had this week.

DOODLE

Rabbit in a dinosaur
costume.

WATER - COLOR

Porch in sunshine to porch
under porch light.