

October 26th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Favorite fall scents.

**POSITIVE
THOUGHT**

Advice I'm grateful to
have received includes...

**ONE -
WORD**

Actions.

**INTRO -
SPECTION**

Where you see yourself in five years.

**GRATITUDE
FOR PEOPLE**

Someone who helped you improve, even if it wasn't easy.

**GRATITUDE
FOR PRESENT**

Something you own that makes today better.

**REST OF
THE YEAR**

Something courageous you want to do before next year.

SELF - CARE

Describe your ideal day.

EVENING

Things that make you feel confident.

DOODLE

Puppy in a bubbling
cauldron costume.

**WATER -
COLOR**

Empty fireplace to lit
fireplace.