

October 27th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Favorite fall sounds.

**POSITIVE
THOUGHT**

I'm lucky because...

**ONE -
WORD**

Infinite.

**INTRO -
SPECTION**

Your plans for your long-term future.

**GRATITUDE
FOR PEOPLE**

Someone who had/has a memorable laugh.

**GRATITUDE
FOR PRESENT**

What you appreciate about the nature closest to you.

**REST OF
THE YEAR**

Ways you could bring the whole family together.

SELF - CARE

Five small things you could do to boost your mood.

EVENING

Times of the day or week when you feel optimistic.

DOODLE

Labrador in a 'bowl of candy' hat.

**WATER -
COLOR**

Bowl of watermelon pieces to bowl of mixed nuts.