

October 28th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

What inspires you about the way nature adapts during this time.

POSITIVE THOUGHT

Something that brought me joy recently was...

ONE - WORD

Prosperity.

INTRO - SPECTION

If you could wish for one thing right now, what it would be.

GRATITUDE FOR PEOPLE

Someone who was/is always their true self, no matter what.

GRATITUDE FOR PRESENT

Activities that bring you joy.

REST OF THE YEAR

Ways to not let an ordinary day pass you by.

SELF - CARE

Write about the people in your life you appreciate.

EVENING

A moment that pleasantly surprised you this month.

DOODLE

Cat in a jester costume.

WATER - COLOR

Potatoes to French fries.