

October 29th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Describe the colors you see outside and how they make you feel.

**POSITIVE
THOUGHT**

My favorite thing about fall is...

**ONE -
WORD**

Insight.

**INTRO -
SPECTION**

What excites you about the future.

**GRATITUDE
FOR PEOPLE**

Someone you traveled with and where.

**GRATITUDE
FOR PRESENT**

Things you use today that you once didn't have.

**REST OF
THE YEAR**

Something creative you could do.

SELF - CARE

What you love most about yourself.

EVENING

Things that made you feel energized today.

DOODLE

Astronaut dog.

**WATER -
COLOR**

Blue sky landscape to fall sunset landscape.