

October 30th Journaling & Creativity



MORNING

Routines and activities you can do throughout darker evenings.

POSITIVE THOUGHT

The best thing that happened in October was...

ONE - WORD

Promises.

INTRO - SPECTION

If you weren't afraid of being judged, would you do anything differently now.

GRATITUDE FOR PEOPLE

Someone whose stories you'd never tire of listening to.

GRATITUDE FOR PRESENT

Sounds you can hear that you're grateful for.

REST OF THE YEAR

Somewhere to put the mementos, photos, and videos of the year.

SELF - CARE

Your top three things about this month.

EVENING

Three great things that happened this month.

DOODLE

Batpug (Pug as Batman).

WATER - COLOR

Summer apple to caramel apple.