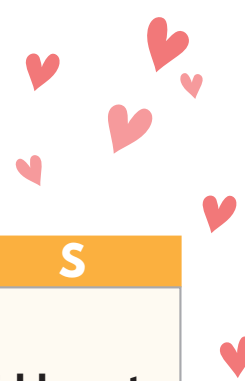



Positive Thoughts Journaling *for* April



| S | M | T | W | T | F | S |
|---|---|---|---|--|--|---|
| 29  Ordinary & Happy | 30 | 31 | 1 This April, I'm ready for... | 2 My favorite memory of a sit-down family meal is... | 3 A simple thing that brought me joy today is... | 4 I'd love to take a walk through... |
| 5 An Easter tradition I'm grateful for is... | 6 I'll make the most of longer evenings by... | 7 When I sit in the garden and look at the flowers, I feel... | 8 A fresh start can be... | 9 When I look at the animals emerging from hibernation, I'm encouraged by... | 10 A simple activity that sounds great right now is... | 11 A memory that makes me happy is... |
| 12 Love can be found in the most unexpected of places, like... | 13 Someone who makes me laugh is... | 14 I'm soothed and comforted by... | 15 My home makes me feel loved because... | 16 The last positive thing I watched was... | 17 I'm encouraged by... | 18 The most beautiful nature in my local area is... |
| 19 If I met with friends this evening, we could... | 20 The birds in the sky remind me that... | 21 I feel inspired when... | 22 Earth is beautiful because... | 23 When I close my eyes, I think of... | 24 Something I read recently that inspired me was about... | 25 Right now, I feel beautiful because... |
| 26 When it's sunny outside, I feel... | 27 A story that always inspires me is... | 28 The next time an exciting opportunity presents itself, I'll... | 29 The last time I danced like nobody was watching was... | 30 Right now, I'm simply happy that... | 1 | 2 |

