

Evening Journaling

for a Positive Outlook in June

S	M	T	W	T	F	S
30	1 One thing you're looking forward to this month.	2 Someone or something that made your day better today.	3 Something you've done that made someone else's day better.	4 A small risk you're glad you took this year.	5 Something that had a positive impact on you recently.	6 Describe your ideal summer day.
7 Something that made you smile or laugh today.	8 A mistake you're ultimately glad you made.	9 Something you're curious about trying.	10 A compliment that meant a lot to you.	11 Activities that make you feel recharged.	12 The most relaxing day you've had and why.	13 Things you admire in people close to you.
14 Describe the best day you had this year.	15 Ways you could be kinder to yourself.	16 Things that are going well in your life right now.	17 A conversation that made you smile.	18 A place that feels peaceful to you and why.	19 A time you were glad you listened to your intuition.	20 Things you love about where you live.
21 Reasons you're proud of the person you're becoming.	22 Goals & dreams you have that you haven't shared with anyone.	23 A small win you've had recently.	24 Things that make you feel at ease.	25 The best things about getting older.	26 Family traditions you love.	27 Family traditions you'd want to start.
28 Friends you want to spend more time with.	29 A moment this month you'd want to remember forever.	30 One thing you're looking forward to next month.	1	2	3	4

