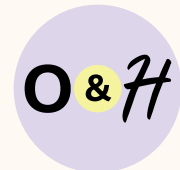


June Gratitude Journaling

S	M	T	W	T	F	S
30	1 Happy summer memories from previous years.	2 A place that makes you feel happy.	3 A moment when everything was 'just right'.	4 A small win you've had lately.	5 A hobby that brings you joy.	6 Something you've done that you're proud of.
7 A past decision you're thankful for.	8 Something beautiful you've seen this year.	9 A small luxury that you enjoy that not everyone has.	10 A habit you're grateful you developed.	11 A memory that makes you smile.	12 The best gift you've ever received.	13 The sweetest surprise someone planned for you.
14 A goal you reached that once felt impossible.	15 Someone that believed in you before you did.	16 Talents you've been complimented on.	17 The most thoughtful thing someone's done for you.	18 A chance you got that not everyone gets.	19 A thing you own that you've wanted for a long time.	20 A unique positive life experience you've had.
21 Something you've overcome that once felt impossible to overcome.	22 A decision that changed your life in a positive way.	23 The people who were by your side during difficult times.	24 Happy memories from your favorite get-together with family or friends.	25 Your favorite birthday or celebration.	26 The best decision you've ever made.	27 Things you love about the present.
28 Things you love about your past.	29 Things that seem bright about your future.	30 The best thing that happened in June.	1	2	3	4
						 Ordinary & Happy