

June Positivity Journaling



| S | M | T | W | T | F | S |
|---|---|---|--|---|---|--|
| 30 | 1 This month, I'll celebrate my true self by... | 2 When I step outside and feel the sunshine on my skin, I feel... | 3 When I lie on the grass and look up, I... | 4 Before summer ends, I'll say 'yes' to... | 5 Somewhere local I'll explore is... | 6 Something I won't take for granted this summer is... |
| 7 I'll tell the people I love with all my heart that... | 8 A place that makes me happy in the sunshine is... | 9 When I'm sitting outside with my favorite people, I feel... | 10 An ordinary day can still be beautiful because... | 11 Before the sun sets, I'll look away from my screens and... | 12 When I sit in the sunshine and close my eyes, I... | 13 A road trip I want to take one weekend is... |
| 14 I'm proud of where I'm from because... | 15 A summer activity I'm looking forward to is... | 16 When I think of the sweetest summer fruits, I picture... | 17 When I look out of the window, I'm drawn to... | 18 Something that's always better outdoors is... | 19 My neighborhood is great because... | 20 A community I'm proud to be a part of is... |
| 21 As the sun sets, I'll make a promise to myself to... | 22 When I sit and just listen, I can hear... | 23 When I picture lapping waves, I think of... | 24 The year has been great so far because... | 25 A book I want to read is... | 26 If I messaged my group chat, right now, I could say... | 27 A place that's just for me, free of distractions, is... |
| 28 Someone I'd love to go on a summer trip with is... | 29 This month, I'm proud of... | 30 So far, summer has been wonderful because... | 1 | 2 | 3 | 4 Ordinary & Happy |