


# 30 Days of Journaling to Make the Most of Summer

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|--|---|--|--|---|---|---|
|  | <b>1</b><br>New things you can try this summer.             | <b>2</b><br>Fun things you could do with the backyard.               | <b>3</b><br>An area of life or home you can make space in. | <b>4</b><br>Creative outdoor meetups you could go to.         | <b>5</b><br>Ways you can spend more time in nature.                 | <b>6</b><br>Key things spring taught you.   |
| <b>7</b><br>Outdoor places you could go to sketch or paint.      | <b>8</b><br>An outdoor hobby or interest you'd like to try. | <b>9</b><br>A moment you were present and how you felt.              | <b>10</b><br>Ways you could be more present outdoors.      | <b>11</b><br>What a no-screen day could look like in summer.  | <b>12</b><br>Places you could road trip to that you've never been.  | <b>13</b> Sit outside and describe the things you see and hear.   |
| <b>14</b><br>Things you can only realistically do in summer.     | <b>15</b><br>Activities for warm summer nights.             | <b>16</b><br>Songs on your summer playlist.                          | <b>17</b> Simple home decor changes you could make.        | <b>18</b><br>Spontaneous things you could do.                 | <b>19</b><br>Indoor activities you could take outdoors.             | <b>20</b><br>Vivid summer memories.   |
| <b>21</b><br>Summer events you could go to or get involved with. | <b>22</b><br>Simple staycation ideas.                       | <b>23</b><br>What summer means to you.                               | <b>24</b><br>Fun ways to reconnect with people.            | <b>25</b> Ways to show yourself self-love on summer evenings. | <b>26</b><br>Things you still want to try for the rest of the year. | <b>27</b><br>Ways you've made progress this year.   |
| <b>28</b><br>DIY craft ideas for the home this summer.           | <b>29</b><br>Beautiful things about summer.                 | <b>30</b> 10 years from now, how you'd want to remember this summer. |  |   |   |  <p>Ordinary &amp; Happy</p> |