

# July 1st Journaling & Creativity

Ordinary & Happy  
O & H

**MORNING**

Describe the perfect summer morning.

**POSITIVE  
THOUGHT**

I'm proud of the way I...

**ONE  
WORD**

Play.

**GRATITUDE**

Something that happened this year that made your life better.

**ABOUT THE  
FUTURE**

Simple habits you want to strengthen in the future.

**MEMORIES**

A day you wish you could relive and why.

**SUCCESS**

What success looks like to you.

**SELF-CARE**

One way to make your patio or garden more relaxing.

**EVENING**

Something you're looking forward to this month.

**DOODLE**

Dropped ice cream melting on the patio.

**WATER -  
COLOR**

Water balloons.