

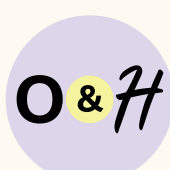


Journaling for a **Positive Outlook** *this July*

S	M	T	W	T	F	S
28 	29 	30	1 Ways you can be your authentic self.	2 What you believe is important and what your values are.	3 Activities and things you could do that serve those values.	4 Times you were patient and it led to a positive outcome.
5 A setback and what it taught you.	6 Knowledge and ideas you can pass on to someone.	7 Meaningful traditions you can keep going.	8 Things you're thankful for.	9 Simple ways to reward yourself after a hard day's work.	10 Things about life you'd tell your younger self to motivate them.	11 Ways you can take no-screen breaks.
12 Ways you can volunteer.	13 5-min habits you can develop into a morning routine.	14 Everyday interactions and activities you find joyful.	15 Nearby scenic places you can go to reflect.	16 Where online you can read inspiring stories.	17 5-min 'me time' ideas you can put in your daily routine.	18 Positive reminders you can put around your home.
19 Simple things that make you happy.	20 Where and when you could do more of what makes you happy.	21 Spaces or rooms at home you can use for 'me' time.	22 Times you witnessed kind acts and how they made you feel.	23 People who support you and you enjoy being around.	24 What you look forward to every week.	25 Meaningful change you've experienced and how long it took.
26 Positive reminders you can say out loud on tough days.	27 Something you've made progress on this month.	28 Ways you can get involved with your local community.	29 Things that you're proud of this month.	30 Plans you can make with loved ones in the sunshine.	31 Ways you can be a role model to someone.	1  Ordinary & Happy