

June Journaling & Creativity

DAY 1 OF 30

Ordinary & Happy
O & H

MORNING

Top three things you want to achieve this summer.

POSITIVE
THOUGHT

This month, I'll celebrate
my true self by...

ONE WORD

Picnic.

GRATITUDE

Happy summer memories from previous years.

BUILD
CONFIDENCE

A time you were proud of yourself and why.

OVERCOME
PERFECTIONISM

Ways striving for perfection has held you back.

SELF-CARE

Things you could do for your self-care this month.

EVENING

One thing you're looking forward to this month.

DOODLE

Coconut with a straw.

WATER-
COLOR

Ocean Waves.