

June Journaling & Creativity

DAY 3 OF 30

Ordinary & Happy
O & H

MORNING

Fun things to do this summer.

POSITIVE
THOUGHT

When I lie on the grass and
look up, I...

ONE
WORD

Seaside.

GRATITUDE

A moment when everything was 'just right'.

BUILD
CONFIDENCE

One thing you want to improve on and things to do to
achieve that.

OVERCOME
PERFECTIONISM

Standards you hold yourself to & whether they're
unreasonable.

SELF-CARE

Things you're grateful for today.

EVENING

Something you've done that made someone else's day better.

DOODLE

Gelato cone.

WATER-
COLOR

Colorful Hot Air Balloon.