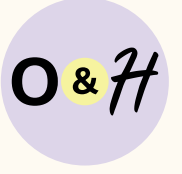


July Evening Journaling

S	M	T	W	T	F	S
29  Ordinary & Happy	30		1 Something you're looking forward to this month.	2 A skill or habit you want to work on this month.	3 People you want to catch up with this month.	4 The meaning of freedom to you.
5 One fun thing to try tomorrow.	6 Three things that always brighten up your mood.	7 Three best things that happened to you today.	8 Three things you love about yourself.	9 The most important three things in your life.	10 The most important three people in your life.	11 Three things you're grateful for today.
12 Three most important goals or dreams you have for the future.	13 What your 'happy place' looks like.	14 Things you loved doing that you stopped doing and why.	15 Something that was on your mind today and why.	16 A small win you're proud of today.	17 A kind gesture you're proud of today.	18 What you can do to be kinder to yourself.
19 Your favorite part of the day and why.	20 If you could do anything tomorrow, what you would do.	21 The most important lesson you learned today.	22 Something that made you smile today.	23 Something that surprised you today.	24 Something that was challenging today but you overcame.	25 Describe the perfect weekend.
26 If you were a fly on the wall, what you'd want to hear people say about you.	27 If you could only remember one moment from today, what it would be.	28 One way you made the world better today.	29 One way you could make the world better tomorrow.	30 Things that make you feel hopeful about the future.	31 If your life was a novel, what the title for this month's chapter would be.	1