

Gratitude *Journaling for July*

S	M	T	W	T	F	S
28	29	30	1 Something that happened this year that made your life better.	2 The best moment of last month.	3 A past experience that you cherish.	4 A tradition that brings you joy.
5 A meaningful conversation you've had recently.	6 Your favorite memory from a past vacation.	7 Something about your home that you're grateful for.	8 A mentor or someone who made a lasting impact in your life.	9 A peaceful moment you've enjoyed recently.	10 Something you love about yourself.	11 A time you felt truly heard and understood.
12 A memory from your 20s that makes you smile.	13 A moment you showed courage.	14 Something that always cheers you up.	15 A time you stood up for someone else.	16 A beautiful moment in nature you've experienced recently.	17 Something you've made that you're proud of.	18 A skill you've recently developed.
19 Your favorite summer memory.	20 A friend you're grateful for.	21 An obstacle you overcame.	22 A neighbor you're grateful for.	23 A mistake that turned out for the best.	24 A personality trait you have that you love.	25 A positive news story you've read recently.
26 Your top three possessions.	27 Love you have in your life.	28 An everyday activity that makes you happy.	29 Something positive that happened this month.	30 Things you're looking forward to next month.	31 Things you're looking forward to this year.	1  Ordinary & Happy