




# July Journaling for Reflecting on Memories

S	M	T	W	T	F	S
28  Ordinary & Happy	29 	30 	1 A day you wish you could relive and why.	2 The three most memorable moments in your past.	3 Most memorable gathering with friends or family.	4 Family traditions you think fondly of.
5 Your earliest childhood memory.	6 The happiest moment in your life so far.	7 A time you learned an important lesson.	8 Something that changed how you view the world.	9 Your favorite memory with a close friend or family member.	10 A spontaneous adventure you had.	11 A time you couldn't stop laughing and why.
12 A moment when everything felt just right.	13 The first family vacation you remember.	14 The most memorable road trip you took.	15 Favorite songs from your early 20s.	16 The first live concert or performance you saw.	17 Favorite movies and TV shows from your early 20s.	18 The favorite place or city you've lived in.
19 The happiest birthday you had and why.	20 The best surprise you've ever received.	21 The best gift you've ever received.	22 An act of kindness that meant a lot to you.	23 A forgotten memory that recently resurfaced.	24 The memory of your first big achievement and how you felt.	25 Most carefree you've ever felt and what you were doing then.
26 A time you felt really lucky.	27 A memory you want to carry with you forever.	28 What you'd tell your younger self.	29 Memories you want to make now and in the future.	30 A memory that always makes you smile.	31 What you think your future self would tell you based on the memories you're making now.	