

# July Morning *Journaling*



S	M	T	W	T	F	S
28	29	30	1	2	3	4
			Describe the perfect summer morning.	If your mood was a color, what color it would be and why.	A memory that feels like sunshine.	How you would spend your time if you never had to work again.
5	6	7	8	9	10	11
If you could live anywhere for a year, where it would be.	If you could have any career for a year, what it would be.	Things you'd do today if you knew you couldn't fail.	Three adventurous things you'd love to try one day.	One wonderful thing that happened last month.	An obstacle you faced recently but overcame.	Something you've improved at over time.
12	13	14	15	16	17	18
A question you'd love to ask the universe.	A list of 5 random 'what if' dreams & thoughts.	Something you want to leave behind.	Things your best friend would say about you and why.	Funniest thing that's happened recently.	Compliments you wish you received more frequently and why.	One way to show yourself patience and love today.
19	20	21	22	23	24	25
If your life had a theme word, what it would be.	Things you're holding onto but want to let go of.	Write down all the positive things you think will happen this year.	Write down how the world has changed for the better in the next decade.	Write down at least three beautiful things about yourself.	Places where you feel most at peace and why.	Ways you can be bold today.
26	27	28	29	30	31	1
Traits you have that you love and want to display more of.	Things you should be saying 'yes' or 'no' to more often.	Lessons learned this month.	Successes you've had and obstacles you've overcome this month.	Goals and dreams for next month.	Five songs that instantly boost your mood.	 Ordinary & Happy