
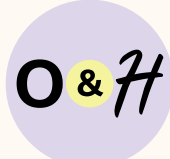


Self-Care Journaling *for July*

THE GREAT OUTDOORS

S	M	T	W	T	F	S
28	29 	30	1 One way to make your patio or garden more relaxing.	2 How you feel when you look at the sky.	3 On hot days, shaded places you can go to unwind.	4 Where in your town or city you feel most like yourself.
5 Your favorite animal and why.	6 An outdoor place that feels like 'home' when you visit.	7 Flower scents or aromas that make you happy.	8 Describe the feeling of sunshine, wind, and rain on your skin and what you'd want more of.	9 What colors outside, right now, make you happy.	10 Describe the simple pleasure of picking something with your hands, like fruit.	11 Places outside that make you feel a part of something bigger.
12 If you close your eyes and listen to running water, where it takes you.	13 Indoor activities you could do outside on the patio.	14 Outdoor or shaded areas you could go to read.	15 What a 'summer well lived' would look like to you.	16 Whether a great summer for you is about doing less or going to more places.	17 One way you can be more patient with yourself.	18 A tree or river that represents strength to you.
19 Scenic spots in your local area you often overlook.	20 Somewhere outside close by that's peaceful and quiet.	21 Somewhere you can watch wildlife.	22 When you look at a starry sky, what you're accepting of.	23 When you sit and just listen outside, what sounds comfort you.	24 What part of your personality flourishes when you're outdoors.	25 What outdoor places remind you of family.
26 Outdoor places you've visited that took your breath away.	27 What caring for plants teaches you about caring for yourself.	28 Local outdoor spaces you wouldn't want to lose.	29 Friendships or relationships that were strengthened outdoors.	30 What you're thankful to nature and the great outdoors for.	31 When you sit outside, what makes you hopeful.	1  Ordinary & Happy