

# June Journaling & Creativity

DAY 11 OF 30

Ordinary & Happy  
O & H

MORNING

Something you can do to be happier today.

POSITIVE  
THOUGHT

Before the sun sets, I'll look away from my screens and...

ONE  
WORD

Lemonade.

GRATITUDE

A memory that makes you smile.

BUILD  
CONFIDENCE

Times you've stepped out of your comfort zone.

OVERCOME  
PERFECTIONISM

Identify your values and what's important in life.

SELF-CARE

A kind message your future self would have for you.

EVENING

Activities that make you feel recharged.

DOODLE

Boarding pass.

WATER-  
COLOR

Jet ski on a lake.